Impact of Yogic Exercise on Psychological and Motor Fitness of School Children

Post-Doctoral Research Work
Submitted to
Indian Council of Social Science Research New Delhi

Submitted By

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(F.No.3-96/18-19/PDF/GEN)

UNDER THE SUPERVISION OF

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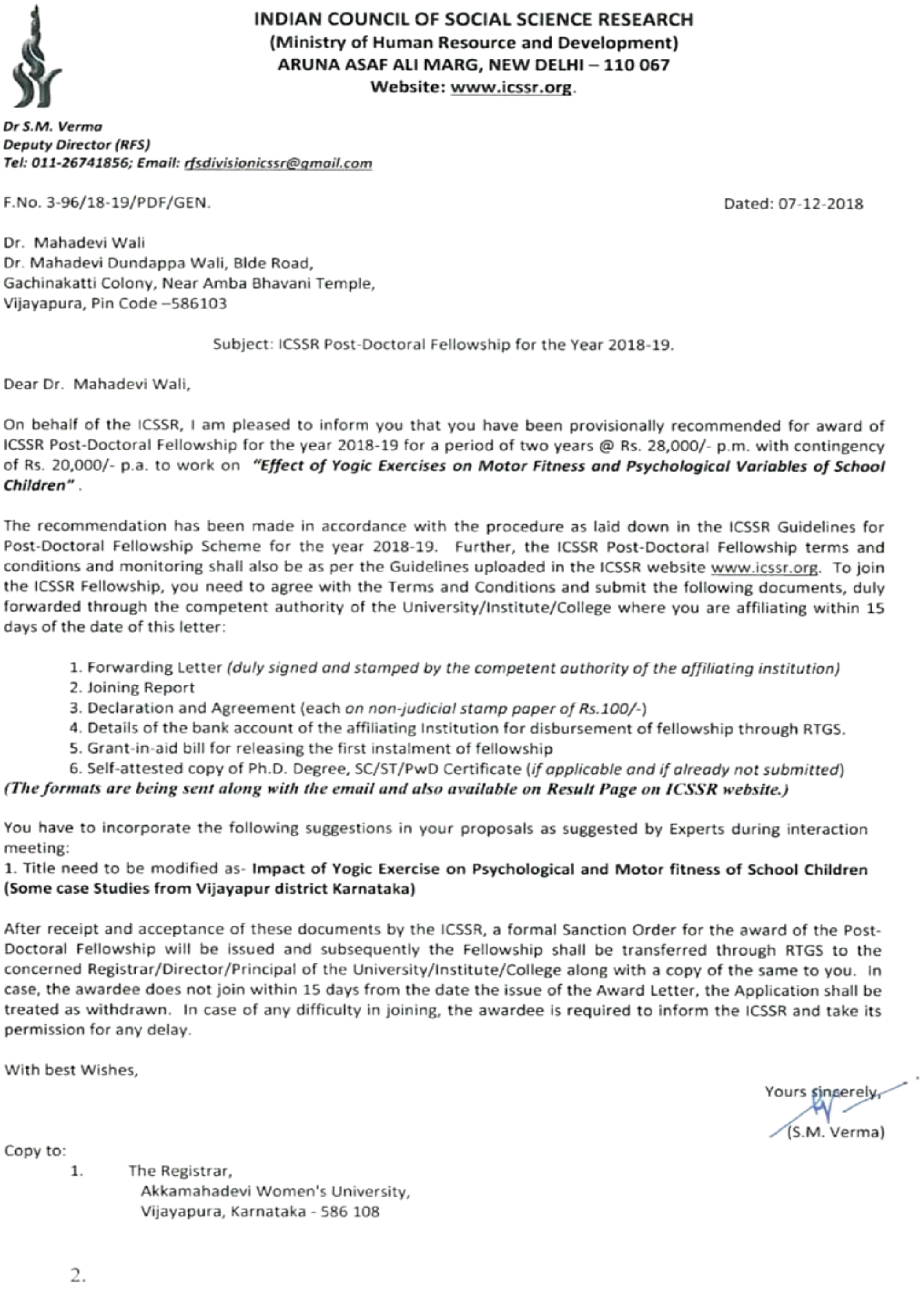

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F.No. 3-96/18-19/PDF/GEN. Dated: 07-12-2018

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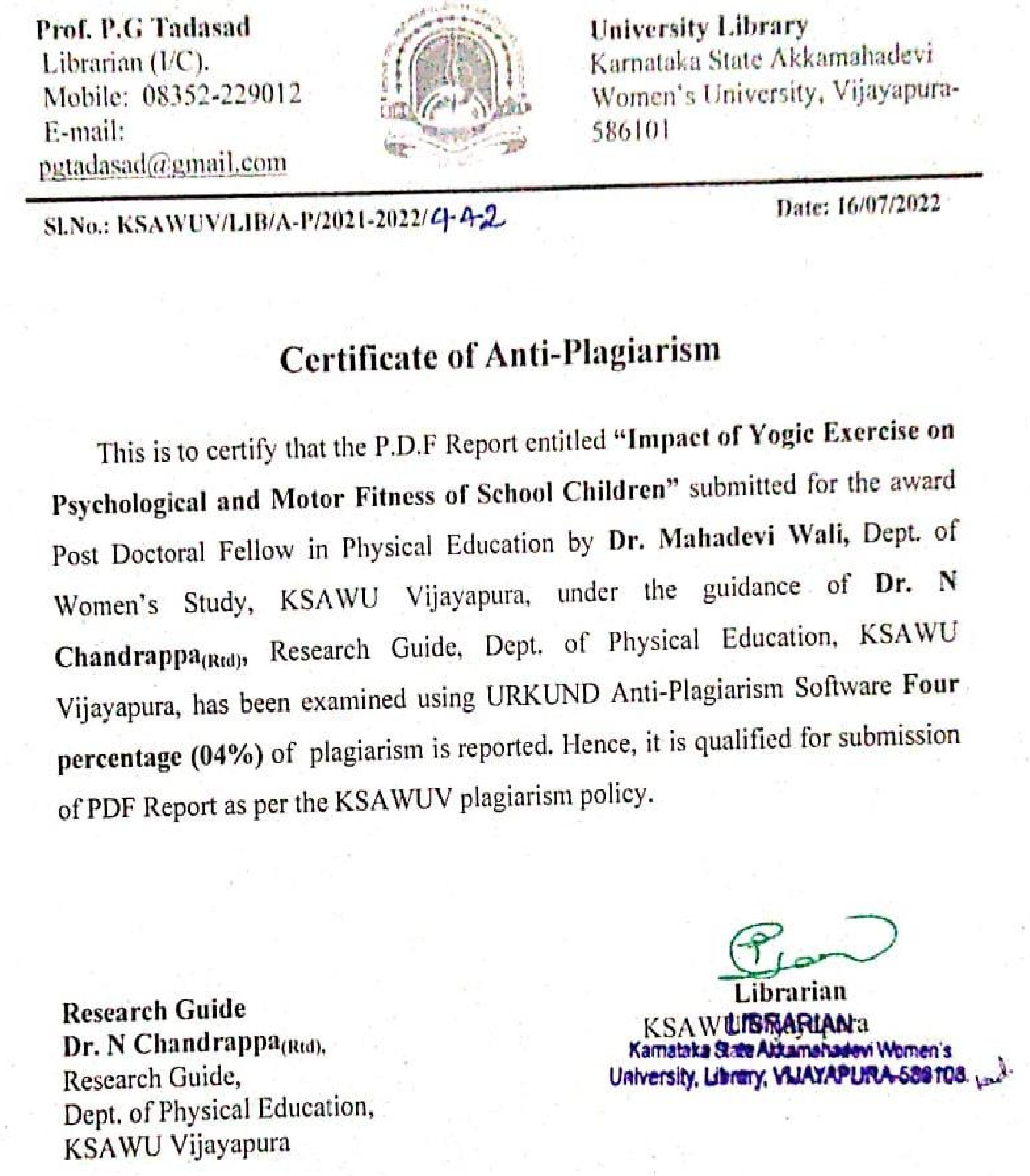

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Dr. Mahadevi Wali

(ICSSR Post-Doctoral Fellow)

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Department of Studies in Physical Education and Sports Sciences,

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Professor **Email:drchandrappan@gmail.com**

CERTIFICATE

This is to certify that this Post-Doctoral research work entitled **"Impact of Yogic Exercise on Psychological and Motor Fitness of School Children", (Some Case Studies from Vijayapur District Karnataka)** submitted by **Dr.Mahadevi Wali** For the Degree of Post-Doctorate in Physical Education to the Indian Council of Social Science Research, Aruna Asaf Ali Marg, New Delhi, is based on the results of the study carried out by her under my guidance and supervisions.

This Post-Doctoral research work or any part thereby has not been submitted elsewhere for the award of any other degree.

Date: **Prof. N.Chandrappa**
Place: Vijayapura **(Research Guide)**

CERTIFICATE

This is to certify that four publications in the form of articles on the research topic have been published in Peer-Reviewed refereed journals and conference proceedings.

Prof. N.Chandrappa	**Dr.Mahadevi Wali**
(Research Guide)	**(ICSSR Post-Doctoral Fellow)**

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Date: **Dr.Mahadevi Wali**
Place: Vijayapura **(Post-Doctoral Fellow)**

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CHAPTER-I

INTRODUCTION

An Indian philosophy, yoga refers to a lifestyle, an art of virtuous living or a holistic approach for improving one's body, mind, and spirit. Thousands of years ago, this technique was developed, refined, and practiced in India. The 'Upanishads' and 'Puranas,' written by Indian Aryans in the late Vedic and post-Vedic era, include allusions to yoga. Patanjali, who penned the 'Yoga Sutra' some two thousand years ago, is often credited with organizing yoga. He spoke into detail about the yogic discipline's eightfold framework.

As a scientific discipline, yoga teaches practitioners how to improve their minds' ability to respond to higher vibrations and to notice, capture, and digest the seemingly limitless number of conscious motions occurring all around them. In yoga, the body, breath, and mind work together to energise and balance the entire individual. ‟The cessation of mental fluctuations′′(chittavritti nirodha) is the goal of yoga, and it is this attainment that opens the door to long-term meditation. Meditation, breathing exercises, and physical postures are all part of this mind-body treatment. A person's physical, mental, intellectual, emotional, and spiritual elements can all be developed through this method.

Yoga is a way of life, not merely a physical exercise. To put it another way, it's a way of life. Buddhism, Jainism, and Hinduism all use this phrase to describe various forms of meditation. As well as referring to one of the six orthodox (stika) Hindu schools of thought, it can also allude to the ultimate goal of the actions undertaken by these schools. Yogic acts in Jainism include both mental and physical ones.

Hatha, Jnana and Bhakti yogas are some of the most popular forms of yoga in Hinduism. Patanjali's Yoga Sutras are one of the six fundamental Hindu schools of thought (darshanas) according to Sarvepalli Radhakrishnan, an Indian philosopher who is widely regarded as one of India's foremost thinkers on the subject of yoga. In addition to the Upanishads, the Bhagavad Gita, the Hatha Yoga Pradipika, the Shiva Samhita, and several Tantras, many additional Hindu scriptures touch on yoga.

The Sanskrit word yoga has many meanings, and is derived from the Sanskrit root ‟yuj′′, meaning ‟to control′′, ‟to yoke′′ or ‟to unite′′. Translations include “joining”, “uniting”, “union”, “conjunction”, and “means”. It is also possible that the word yoga derives from “yujir samadhau,” which means “contemplation” or “absorption. ‘It is via contemplation that one may distinguish between prakrti (nature) and purusha (pure awareness), which is more in line with Raja Yoga's dualist view point. The term “yogi”or“yogini”refers to someone who has achieved a high degree of yoga practice or adheres to the yoga philosophy.

History ofYogic Exercise

The history of yoga is shrouded in obscurity because of the oral transmission of sacred books and the seclusion of yoga's teachings. Palm leaves were used to write the oldest yoga manuscripts because they were easily damaged, destroyed, or lost. As far back as 5,000 years, some researchers believe that yoga's roots go back even further than that. There have been four main stages in the history of yoga's practise and growth over the course of its long and rich tradition..

Pre-Classical Yoga

Over 5,000 years ago, the Indus-Sarasvati culture in northern India produced the earliest forms of yoga. The Rig Veda, one of India's most ancient holy books, is where the word “yoga ‘originally appeared. For the Brahman priests, a collection of hymns, mantras, and rites known as the Vedas was created. For centuries, the Brahmans and Rishis (mystical seers) polished and expanded yoga by documenting their practices and beliefs in over 200 texts found in the Upanishads. The Bhagavad-Gîtâ, a 500-year-old Yogic text, is the most widely read. By incorporating the Vedic concept of ceremonial sacrifice, the Upanishads came up with a new system of teaching that teaches the sacrifice of one's ego via self-awareness, service (karma yoga), and wisdom (jnana yoga).

Classical Yoga

There were conflicting and contradictory concepts, beliefs and approaches throughout yoga's pre-classical era. The Classical period is defined by Patanjali's Yoga-Sûtras, the earliest structured yoga teaching. This treatise, which is thought to have been written in the second century, explains Raja Yoga, sometimes known as “classical yoga.” Patanjali laid forth a “eight-limbed path‘for yogis to follow in order to reach Samadhi, the state of enlightenment. Even now, most modern-day yoga practices draw inspiration from Patanjali's Yoga-Sûtras.

Post-Classical Yoga

Following Patanjali's teachings, a new generation of yoga teachers created a series of techniques for rejuvenating the body and extending one's lifespan. When the Vedic teachings were neglected, they instead turned to the physical body in their quest for spirituality. Tantra Yoga was born as a result of their arduous efforts to purify both body and mind. As a means of liberating ourselves from the physical world, this technique was devised. When these physical-spiritual connections and body-centered practises were discovered, they led to the creation of yoga in the West. Yoga that focuses on the physical aspects of the practise.

Modern Period

In the late 1800s and early 1900s, when yoga gurus began to travel to the West, they drew a lot of attention and new students. When Swami Vivekananda spoke on yoga and world religions at the 1893 Parliament of Religion in Chicago, this movement was born out of his words. Hatha Yoga was heavily advocated in India throughout the 1920s and 1930s by yogis such as T. Krishnamacharya, Swami Sivananda, and others. There were two Hatha Yoga schools established in Mysore by Krishnamacharya and by Sivananda on the holy Ganges River in Mysore in 1924 and 1936. Three of Krishnamacharya's students, B.K.S. Iyengar, T.K.V. Desikachar, and Pattabhi Jois, would carry on his legacy and expand the popularity of Hatha Yoga. There are approximately 200 publications written by Sivananda on the subject of yoga, and his ashrams and other yoga institutions may be found all over the globe.

Indra Devi's yoga studio in Hollywood, California, opened in 1947, bringing yoga to the West in a small but steady stream. Hatha yoga has acquired millions of devotees since it was first taught by a handful of pioneering Western and Indian teachers. Many schools and types of Hatha Yoga are now available to students.

Importance of Yogic Exercise

Modern man's everyday struggles may be alleviated with the help of yoga. When the auto immune system is strengthened, the body's essential energy is increased, which in turn helps to grow the mental efficiency thinking process, which in turn reduces the human mind's overall attitude.

Yogic philosophy has been around for thousands of years and deals with the physical, mental and spiritual well-being of man. Yoga, which means ″to tie, connect, attach, and yoke″ in Sanskrit, is a practice that helps people improve their focus and attention spans.

By educating the individual soul (jivatma), the yoga system aims to help people reach Moksha (liberation from suffering) (praamatma). The consistent practise of yoga will help the yogi achieve fulfilment in his or her life and reveal grace inside him or her.Our professional and personal lives will be more harmonious if we practice yoga to help us gain insight in these areas.

Benefits of yogic Exercise

Physical Benefits

- Creates a toned flexible and strong body.
- Respiration, energy and Vitality are improved.
- Helps to maintain a balanced metabolism.
- Maintains cardiovascular and vascular health.
- Helps to relieve the pain.
- Helps to look and feel younger.
- Improves your athletic ability.

Mental Benefits

- Helps you in calming down and better coping with stressful situations.
- Relax your mind and body so you can concentrate on a challenging yoga pose, for example, on the tennis court or golf course or in the office.

Spiritual Benefits

- Builds awareness of your body your feelings the environment around you, the needs of others.
- Promotes an inter dependency between mind, body and soul.
- Helps you live the notion of oneness.

Psychology

Psychology is the study of human behaviour. ″Psychology″ is a combination of the Greek words ″psyche″ (soul) and ″logos″ (study). As a result, psychology is a science or study of the soul in its truest form (Ajmer Singh 2000). Philosophers in ancient Greece held that mental processes like learning, thinking, and emotion were all governed by the soul. People used to believe that the soul was a metaphor for an organism's essence or ″real being,″ as well as the source of all life. A number of philosophers attempted to characterize psychology as a ″science of mind″ since they couldn't figure out how the soul's relationship to the body or its functions could be explained. A study of human behaviour, behaviour activity, and human experience is now a science.

″The Science of Behaviour and Cognitive Process″ is the definition of psychology. What psychologists do is study everything we think and what we do in an effort to learn more about our minds and bodies. They look at how people act and think, as well as their physiological and psychological responses to their environment, as well as the way these things are shaped by their social and cultural contexts. Psychologists, according to Gamer et al. (2008), focus at the interplay between all of these diverse components in order to better explain behaviour.

The study of conscious experience should be the center of psychology. As chemists break down complicated substances, one's job is to break down experiences, sentiments, and visions into their most basic components. This is the only method to discover the true nature of the human mind. Introspection is a strategy proposed by Gamer et al. (2008), in which participants are asked to describe what is going on in their minds when they perform certain activities or have a specific experience.

Psychology is a fascinating and challenging field of study. Every year, the pace of advancement accelerates, and it continues to address basic questions concerning the nature of human beings.. The field of psychology holds tremendous promise.

Importance of Sport Psychology

″Sport psychology as an emerging field of psychology is viewed as an attempt to understand, describe and explain the behaviour of sports persons in athletic setting both in practice and in competition, with a view to enhance performance″ (Kamlesh, 1998).

During the early 20th century, only a few visionary people understood the relevance of psychological variables in sport and began sport psychology study. However, even though sport psychology had yet to become an established science, these early sport psychologists' pioneering work opened the path for much of our present research and innovation (Gill, 1986).

The psychological preparation of a team in current competitive sports is just as vital as teaching the many abilities of a game using scientific approaches. Increasingly, coaches believe that preparing their teams mentally and psychologically for competition is as important as physically preparing them for a match (Agyajit, 1991).

Psychologists from throughout the globe are analyzing psychological elements of sport, integrating knowledge from other fields to sports circumstances, and trying to make sense of scant facts. Even though sports are widely popular and have a significant influence on society, there has been little study done on athletes. Because of this, there is a lack of information on the psychology of sport.

Though it's safe to say that we're not living in the Stone Age anymore, The athletically talented may be studied in order to understand and anticipate their behaviour. The number of studies involving athletes in an athletic setting is increasing at a faster rate than ever before.

Many people from many walks of life are drawn to the field of sport psychology because they want to learn more about athletes and sports in general. Sportscasters and analysts on radio and television dive into the secrets of predicting and analyzing surprising athletic feats in the press and on the air, respectively. Athletes, coaches, and sports fans all do the same thing. Nevertheless, sport psychology has led to the widespread adoption of "human behaviour" as a substitute for common sense, popular beliefs, and half-truths in the field of sports performance..

Athletes have traditionally been coached primarily on their technical skill and physical condition, to the detriment of their psychological well-being. Pre-match guidance and teaching has been the primary job of sport psychology, despite the fact that mental and emotional states may make all the difference in the outcome of a competition. This is probably of no use. It takes a long time for sports people's psychological preparation to be successful because of the rigors of competition. There are still many unanswered concerns in the field of sports and exercise psychology, which is why sports psychologists are just now starting to shed light on some of these issues.

Researchers' decisions on what to study, how to go about it, and the angles from which they approach it are seldom made in a purely logical manner in science. As a result, they are extensively impacted by social influences both within and outside the profession. The field of sport psychology is no different, as it has followed general psychological trends. Sport psychology research throughout the 1950s and 1960s was heavily influenced by empiricism, and the majority of the studies focused on personality. The trait method, which was popular in general psychology at the time, was congruent with this paradigm. The years 1966-1976, on the other hand, were marked by a focus on social analysis. This decade's research focused on evaluating one popular psychological theory at a time in the context of sports and motor performance. An investigation on social facilitation, including motivation, social reinforcement, arousal and motor performance was carried out by experts in this area.Thoughtful techniques like causal attributions and self efficacy/self-confidence have also had an impact on research undertaken from the late 1970s (Pachauri, 1999).

The relevance of sports and games in human existence is rising steadily. Participation in athletic activities has a positive impact on one's physical and mental well-being. When it comes to mental health, sport and exercise have long been linked. The problem was first noticed in the 1980s. Mental health, like physical health, is more than just the absence of symptoms that are bothersome.

Physical, skill, and mental preparation all have a role in athletes' ability to perform at an optimum level. A champion's performance seems to be influenced by his or her mental preparation. An athlete's level of sports confidence is critical to their success on the field.

Psychological Benefits of Yoga

Some of the psychological benefits to a consistent yoga practice are:

- Relaxation: Deep abdominal breathing has been demonstrated to lessen the amount of stress hormones in your bloodstream, which is why yoga encourages you to focus on your breath. Yoga helps you to be able to think more clearly.

- Helps to calm the mind: Focusing on your body motions and your breath will help you reduce the ′′noise′′in your mind, allowing you to focus on what is really bothering you and gain clarity.
- Put you in touch with your body: Increasing your awareness of your physical self might sometimes help you detect feelings that you wouldn't otherwise be aware of if you weren't paying attention.
- Mindfulness Principles: There are two types of worries: future-oriented or past-oriented. In yoga, we learn how to be fully in the present moment and to focus only on the present moment. Focusing on the present moment and asking oneself, ′′What is within my power and control at this time?′′ can be helpful in daily life.
- Distress Tolerance: In yoga, we are taught to accept discomfort, whether it's tolerating the heat in a Bikram yoga session or holding a challenging position.

Motor Fitness

Many people use the terms physical and motor fitness interchangeably. As an alternative to the more narrowly defined idea of physical fitness, the phrase ′′motor fitness′′ was coined. This wide-ranging phrase refers to one's capacity to efficiently and successfully execute fundamental motor abilities. Athletes who want to perform at their best need to have good motor fitness. A child's degree of motor ability components is critical to their ability to acquire and master a variety of activities and skills. In the past, people's motor skills were thought of as a collection of universally applicable skills. The player's ability and capacity to act are at the heart of all elements affecting motor ability. As a prerequisite to mastering a wide range of general skills and specific abilities in sports and physical activities, having a high degree of motor ability is essential. Basic motor abilities are referred to as ′′motor capacity′′in this context. It also serves as a sign of current athletic prowess.

The term ′′general motor ability′′refers to a person's overall capacity to move in unison, whether that be via eye-hand coordination, eye-foot coordination, or any combination of these. General motor fitness may also be defined as one's innate ability to do intense motor tasks with the greatest speed, strength, endurance, flexibility, agility, and rapid response time possible. So when we use the word general motor ability, we're referring to fundamental motor fitness and general body coordination skills that are required in a wide range of sporting activities. Sports One way to describe ″specific motor ability″ is to consider it a combination of general motor abilities and a person's ability to succeed in a particular sport's unique talents. Since all of these components of fitness are interconnected, sports-specific motor ability may be measured through testing for motor control and educability. It is possible for a sportsperson to perform better at a higher level if he/she has strong specialized and general motor abilities.

Improved performance necessitates The preparation of the athlete's motor fitness is critical in sports and serves as a solid basis for all other areas of their performance. Strength, speed, endurance, flexibility, agility, and coordination all contribute to a sportsperson's overall fitness. Human movement necessitates the development of a wide range of motor skills, including endurance, speed, explosive power, and so on. The word ″motor fitness″ refers to a person's whole dynamic physiological condition. Agility, speed, flexibility, and control of one's weight are just a few of the necessary components of physical fitness. To determine a person's level of motor fitness, they must perform well, and this performance is dependent on a number of elements. A larger correlation exists between some of these parameters and physical fitness than others. Most sports, of course, call for varied degrees of participation from a variety of fitness components.

The attributes of motor performance include speed, power, balance, agility, strength, response time, and kinaesthetic awareness. These traits play a key part in boosting any game's abilities. All of these motor performance attributes may be combined in such a way that a player can provide his or her greatest effort even in the most intense of competitive bouts. (Mahindra Singh, 2010).

Importance of Motor fitness

- To improve or recondition the entire body or part of the body.
- To develop or maintain one's physical health and well-being
- Strengthening the body and making the muscles more powerful.
- To slim down or prevent obesity,
- To preserve or increase the organs' ability to function,
- To remain young,
- To delay the process of ageing.

- Improve the cardiovascular system's performance in order to reduce the risk of heart disease.
- To boost the immune system and avoid sickness,
- To avoid sadness, sleeplessness, and other mental health problems.
- To increase mental strength.
- A boosted level of stamina
- Improved development of motor skills and abilities
- Encourages a regular, healthful amount of movement
- Teaches self-control.
- Encourages students to take personal responsibility for their own health and well-being.
- Affect moral growth, leadership, and cooperation among others.
- An outlet for the release of stress and distress
- Improved interactions between peers
- Self-esteem and self-confidence can be boosted by physical activity.
- In Physical Education, you learn to respect yourself, your teammates, and your other students.
- Prior experience with goal-setting
- Academics have gotten better
- To have a healthy body, you must have a healthy mind

Benefits of Motor Fitness

- **Improved Fitness**

Fitness may be improved by a variety of activities such as hopping, jogging, lifting, and more.

- **Unity, Team-spirit and Togetherness**

Students who work out together are more likely to develop a sense of teamwork and friendship.

- **Makes a Person More Active**

A person's health improves as a result of being more physically active and combating"potato couching."

- **Lots of Fun**

If the exercises are different, they're much fun and enjoyable.

- **Increased Socialization**

Physical education encourages children to be more sociable and outgoing. This has an impact on how they interact and live in the future.

- **Better Health**

Respiratory, cardiovascular, immunological, and other body systems benefit from regular exercise. This keeps infections at bay.

- **Boosts Self Esteem**

Self-esteem and awareness are boosted by regular interactions with other students or kids..

- **Talent Discovery**

Instructors and professors are able to identify and develop a student's abilities throughout the training sessions..

- **Boosts General Wellness**

In addition to improving one's physical health, physical education also improves one's emotional health.

- **Reduces Injuries**

Exercisers are less prone to become injured and are better able to recover from exhaustion and illness, according to studies.

- **Encourages Team Spirit**

The best way to build a strong and stable team is to work together and follow directions.

- **Goal Setting**

It is anticipated that students would be encouraged to develop and achieve their own goals in this course. They become better goal-setters and achievers with practise.

- **Reduces Boredom**

The tedium of sitting in a classroom may be alleviated by participating in physical education.

- **Step to Future Career**

Exercise is the basis for several professions, including those of gym instructors, physiotherapists, and sportsmen.

- **Minimize Monotony**

PE, in contrast to traditional classroom instruction, offers a wide range of options and may be switched out at whim. This guarantees that everyone has a good time.

- **Warm-up Exercises**

Physical education is the foundation of most warm-up activities. Just imagine yourself skipping, squatting, and running right there in the middle of the floor.

- **Relaxes the Mind**

In the wake of a hard day in the classroom or a difficult academic work, physical education might help you to relax.

- **Boost Strength**

Strength, stamina, and endurance may all be improved through regular participation in physical education (PE). Playing soccer (football), skipping rope and more are all good forms of exercise.

- **Break from Academics**

Pupils and students may take a break from their rigorous academic schedules with this exercise.

- **Improves Cognitive Performance**

Brain functioning and memory increase as time goes on for the participants.

- **Self Discipline**

Students learn self-control through paying attention to and obeying their teachers.

- **Stress Reduction**

PE is well-known for its ability to reduce stress and provide a temporary distraction from a problem.

- **Support other Fields**

Many academic disciplines may be used to physical education, such as sociology, biology and sports.

- **Improves Judgment**

Following directions and working with others helps students build their morality. In addition, they learn to take ownership of their actions.

- **Enhance Physical Competence**

A person's future success is largely determined by the attitudes and abilities he or she develops while participating in physical education.

Statement of the Problem

"Impact of Yogic exercise on Psychological and Motor Fitness of School Children' (Some case studies from Vijayapura district Karnataka)was the study's stated goal.

Objectives of the Study

- To study the impact of yogic exercise on certain aspects of Psychological and Motor fitness.
- To study the impact of yogic exercise training on the subjects' motor fitness variables.
- To study the impact of yogic exercise training on the subjects' psychological variables.

Delimitations of the Study

- A total of 80 girls between the ages of 12 and 16 were chosen at random for the purpose of the study.
- A group of schoolchildren from selected schools in the Vijayapura district of Karnataka state, the subjects were selected at random.
- There were two groups of 40 school children each (N=80). Yoga exercises training was given to the experimental group (Group 1), whereas the control group (Group 2) did not get any training.
- It was determined that the experimental period could only be completed in 16 weeks. A maximum of six sessions in a week was set for the Experimental group.
- The following Psychological variables, like Stress and Anxiety was selected for the study.
- The following Motor Fitness variables, like Agility, Balance, Power and Reaction time.
- The Following Asanas were picked for the study Padmasana, Vajrasana, Paschimottanasana, Tadasana, Vrikshasana, Garudasana, Trikonasana, Shavasana, Naukasana, Halasana, Sarrvangasana, Chakrasana, Makarasana, Bhujanagasana, Dhanurasana and Shalabhasana.

Limitations of the Study

- The daily routine work of the subjects influenced Results, hence this was considered as limitation.
- The climatic conditions at the time of conducting the test influenced the performance of the Subjects was considered as limitation.
- Many social, cultural, and environmental elements were not taken into account while conducting this research, including how the individual felt and how well they performed on the exam.
- The data was gathered without the use of any kind of persuasion technique.

Hypothesis

It was expected that schoolchildren's psychological and physical fitness would improve as a result of yogic exercises training.

- It was hypothesized that 16 weeks Yogic Exercise straining develops Agility.
- It was hypothesized that 16 weeks Yogic Exercises training develops Balance.
- It was hypothesized that 16 weeks Yogic Exercises training develops Power.
- It was hypothesized that 16 weeks Yogic Exercises training develops Reaction time.
- It was hypothesized that 16 weeks Yogic Exercise straining develops Stress and anxiety.

Significance of the Study

- Physical education instructors, coaches, and trainers may utilise the findings of this research to make use of Yogic Exercise straining to enhance the psychological and motor fitness of their pupils.
- This study threw light on the level of Psychological and Motor Fitness Variables of the subjects.
- This study provided useful and productive suggestions for the enhancement of Psychological and Motor Fitness Variables of the subjects.

Definition of the terms

Yoga

Yoga is a practical, time-tested science that has been around for millennia and focuses on the well-being of the full person: body, mind, and soul.**(Iyangar, 1993).**

Asana

'Asana' is a Sanskrit term meaning 'to sit', and the basis of the word is 'As' It is also used to describe a seated position and a chair.(**Gharote, 1985).**

Padmasana

In Sanskrit, the phrase Padmasana means ʺlotus flower,ʺ hence it is also known as the ʺLotus posture.ʺ. So called because of the lotus-like shape our legs make while in this asana.

Vajrasana

When translated from Sanskrit, Vajra means thunderbolt or diamond, while Asana denotes position. ʺVajraʺ in Indian mythology alludes to Indra's (the god of heaven's) bone-encrusted sword of utmost abrasion resistance.

Vakrasana

Ardhamatsyendrasana's simpler counterpart, Vakrasana, is called Vakrasana. Both positions have different Sanskrit names, but the English names stay the same. Vakrasana and Ardhamatsyendrasana are both referred to as twist postures in English in various places.

Paschimottanasana

The term ʺpaschimaʺ refers to the rear or posterior of the body. To the west, it also refers to A 'tana' is a Latin term that implies to elongate or lengthen. Thus, the term ʺposterior stretching postureʺ comes to refer to this movement.

Tadasana

The Sanskrit term ʺTadaʺ means ʺPalm treeʺ or ʺmountain,ʺ while the Sanskrit word ʺasanaʺ means ʺpostureʺ or ʺseat.ʺ Tadasana is the name given to this posture.

Vrikshasana

Sanskrit term ″Vrikshasana″ is derived from the Sanskrit word ″Vriksha,″ which means ″tree″ in English. When this stance is executed correctly, it gives the impression that a tree is in the backdrop..

Garudasana

Garudasana gets its name from the Sanskrit terms ″posture″ and ″seat,″ respectively, in the phrases ″garuda″ and ″asana.″ The king of birds, Garuda, is a mythical figure in Hinduism. His job is to convey the god Vishnu, and he's ready to assist humans combat demons.

Trikonasana

A variation of triangle posture is Trikonasana. The Sanskrit words trikona, which means triangle, and asana, which means pose, combine to form the term trikonasana.

Shavasana

Sanskrit term Shavasana is composed of Shava, which means dead, and asana, which means position. As a result, the term ″corpse posture″ was coined. Mitrasana, or ″dead man's stance,″ is another name for this position.

Naukasana

Nauka means ″boat″ in Sanskrit, while asana means ″posture″ or ″seat″ in English. These two terms combine to form the name Naukasana. Naukasana is the name given to this yoga position.

Halasana

″Plow″ and ″posture″ or ″seat″ are the Sanskrit terms hala and asana that give rise to the name. Plow posture is another name for this pose.

Sarvangasana

The words hala, which means ″plough,″ and asana, which means ″posture″ or ″seat″ combine to give this term in Sanskrit. As a result, the plough stance is another term for it.

Chakrasana

The Sanskrit term ″Chakra″ means wheel, and ″Asana″ means ″Posture″ or ″Seat″ in the name ″Chakrasana.″ Backward bending yoga stance Chakrasana, or the wheel pose, is a yoga asana.

Makarasana

Makarasana translates to ″Crocodile Pose″ in Sanskrit because it resembles a crocodile at rest in the water. The crocodile's head and neck are always visible above the surface of the water. This stance reveals a similar body type.

Bhujangasana

Sanskrit for ″snake,″ Bhujanga refers to elevating the head while engaging the shoulders, upper back and spine in this pose.

Dhanurasana

dhanurasana is derived from the Sanskrit terms ″bow″ and ″posture″ or ″seat″, respectively.

Shalabhasana

Shalabh (Locust or grasshopper) is a term in Sanskrit that refers to an insect that is often seen in grass. Shalabhasana is also called as Locust Pose because it resembles a grasshopper or locust when being done.

Psychology

″Psychology is the study of an individual's behaviour in relation to his or her environment.″**(Kamlesh, 1980).**

Stress

We experience stress when we are confronted with a situation that threatens to interfere with our mental health.**(Lazarus and Folkman, 1984; Taylor, 1999).**

Anxiety

When you're worried, you feel a general dread of fore-bonding, which is frequently accompanied by an increased level of nervousness. Feeling of rejection and insecurity, as well as a general sense of uneasiness, are common causes of it.**(Lewellyn and Blucker, 1979).**

Motor Fitness

In sports and other physical activities, the capacity of an athlete to perform well under pressure is referred to as "motor fitness."**(Bal et al., 2014).**

Agility

The capacity to change direction quickly and correctly has been referred to as agility.**(Sheppard and Gabbett, 2012).**

Balance

It is the body's capacity to both statically and dynamically stabilise itself against both internal and external pressures that allows it to create movement.

Reaction time

Reaction time may be defined as "the interval to time between the presentations of stimulus and the initiation of the response"**(Johnson & nelson, 1982).**

Power

Power is defined as the rate at which work is performed (Work = Force x distance) and is a function of force and time. When a force is applied over a certain distance and time, the force's work is divided by that distance and time to get its power.**(Bosco and Gustafson1983).**

CHAPTER- II

REVIEW OF RELATED LITERATURE

The Researcher has made genuine attempts to gather the review of linked literature to this study and identified some References to comparable studies which have been studied are generated in this chapter.

Review of related literature is crucial for a complete understanding of the issue at hand. In this chapter, the researcher tries to review the evidence on the benefits of various yoga exercises.

This chapter reviews relevant literature to better comprehend the issue and to interpret the findings in a methodical manner. All of the evaluations were taken from many sources such as books and journal articles and assist us comprehend various notions of yogic exercises on motor fitness and psychological factors such as agility, balance power, reaction time and stress and anxiety.

Arpitaben Tulsibhai Patel and Pareshkumar B.Acharya (2015) conducted a research on the influence of yoga on memory of higher secondary school students. The study's primary goal was to determine whether or not yoga improves memory. With a random sample of 80 teenage pupils. On the basis of similar IQ scores, two groups were created. The experimental and control groups were established at random. For both groups, a short-term memory test was conducted before the experiment. Experimenters were given fifteen days to participate in an experimental yoga therapy comprising of asanas, pranayama, surya namaskara, meditation and value orientation programme. Following the training, memory tests were administered to both groups. Students who practised yoga had improved short-term memory, according to the research.

S Parthasarathy, K Jaiganesh, and Duraisamy (2014) investigated the effects of integrated yoga on a number of psychological Variables in women with anxiety disorders. Both physical and mental problems may be alleviated via the practice of yogic techniques. A random sample procedure was used to choose 45 women who were suffering from anxiety and split them into three groups. An integrated yoga module for the Experimental group II was practiced by the Experimental group I, which included asanas, pranayama, and relaxation methods. The control group does not get any treatment. When it came to assessing anxiety levels before and after treatment, the Taylor Manifest Anxiety Scale and the Frustration Scale were both utilised as instruments of measurement. Data was analysed with the SPSS 16 programme (ANCOVA).Anxiety and frustration ratings were lowered by practicing certain asanas, but an integrated yoga program was shown to be more effective. Overall, regular yoga practise reduced anxiety in women, and a yoga-integrated module reduced anxiety scores in young women with anxiety.

Sarojini (2014) examined the impact of regular yoga practice on the anxiety levels of fifty seemingly healthy female volunteers ranging in age from 20 to 50 years. The participants took part in a four-week yoga retreat. According to the study, there was a significant decrease in anxiety and an improvement in general well-being.

Surinder Singh and Arun Khatri (2014) The research is experimental in nature, using a pre- and post-test experimental design. Anxiety and stress are the primary focus of this research, which examines the impact of certain Yogic Kriyas (Shat karmas). In this research, a random sample of 40 male students from Maharishi Dayanand University, Rohtak who were enrolled in one of the university's several teaching programs was used. An age range of 18 to 25 years old was used for the research.It was decided that these 40 kids would be split into two groups of 20 students each. Students in both groups were given a specialized warm-up activity, as well as a general warm-up. Selected Yogic Kriyas (Shat karmas) were provided to Group A, namely Kapalbhati and Tratak. To keep Group B safe, they didn't do anything more than warm-up activities. The pupils completed a nine-week training program consisting of one hour of daily practice of Yogic Kriyas (Shat karmas). The respondents' stress levels are assessed using the NSAD Stress Questionnaire, while their anxiety levels are assessed using the Anxiety Inventory, which was developed and standardized by Dr. Rama Pal and Dr. Govind Tiwari (1984). means are tested for significance using a T-test. Yogic Kriyas (Shat Karmas) had a considerable impact on the two specified psychological components, stress and anxiety, according to the study.

Vijayalakshmi & Jayobal3 (2013)the effects of plyometrics combined with or without yoga on a number of different physical and physiological features in male teenagers were studied.Teenage males were recruited for the research, which sought to examine the impact on physical and physiological characteristics of the combination of physical and yogic activities on chosen teenage boys. A total of 60 young men aged 13 to 18 were chosen, split equally into three groups, and trained for a period of twelve weeks. Subjects were tested on agility, flexibility, and resting pulse rate before and after training. ANOVA was used to do the statistical analysis. The experimental groups showed substantial increases in agility, flexibility, and resting heart rate when compared to the control groups. The experimental groups increased their agility, flexibility, and resting pulse rate after 12 weeks of training, while there was no change in the control group..

Baljit Singh Sekhon and P. V. Shelvam (2013) investigated the impact of physical exercise on a variety of bio-motor variables in university-aged males. 30 male students from the various departments of Nagaland University, Lumani, were recruited as focus groups for this study. 18-25-year-olds were the target audience. Two teams of 15 people each have been formed, one for each of the two teams. In contrast, group II was a control group and did not participate in any yoga activities. Testing for agility, strength, and endurance was conducted before and immediately following training.Shuttle runs were used to determine standard variables such as agility, based on the bent knee sit-up strength measurements. Running and walking for 12 minutes yielded an estimate of one's stamina. For each standard variable, the calculated covariance was utilized to identify the significant differences between the experimental and control groups. Based on the data and the conditions, the measurements were assigned a 0.5 level of confidence. A substantial difference in agility, strength, and endurance was found between the experimental group and the control group in this study..

Using behavioral stressor tasks, **Hagins, et al. (2013)** investigated the differences in physiological responses between students in a yoga session and those in a regular PE class (including blood pressure and heart rate) (mental arithmetic and mirror tracing tasks). An ANOVA was used to analyze the BP and HR data (time group stressor time points) for a total of four groups. The research included 30 sixthgraders, 17 of whom were male. Neither yoga nor physical education showed significant changes in stress reactivity (systolic blood pressure (F(1,28) =.538, P =.470); diastolic blood pressure (F(1,28) =.1.061, P =.312); and heart rate variability (HRV) No substantial improvements were made because of the yoga intervention's lack of focus on stress management and/or the stressor tasks' inability to adequately capture attenuation of stressor reaction.

Angeline and Chandrasekhar (2012) state that they looked into the impact of yoga asanas, breathing exercises, and meditation on the physical health and performance of volleyball players. A random selection of 42 volleyball players from Madurai district schools. Three groups were formed from the individuals. A combination of physical exercise and yogic practices was administered to experimental groups I and II, whereas the control group received no therapy at all. Over the course of 12 weeks, the participants in the study worked out and practiced yoga six days a week. This study looked at a variety of fitness traits, including quickness, explosive strength, stamina, flexibility, and how well participants roller skated. There was testing on a variety of performance variables, such as sprinting speed (50 meters), explosive strength (standing broad jump), running endurance (12 minutes), and flexibility (sit and reach) (subjective rating). Before and after the therapy, all of the individuals were tested. The ANCOVA test was performed to assess the differences between the experimental and control groups. When compared to the control group, physical exercise and yogic practice revealed substantial gains in all chosen physical fitness and performance metrics.

Vijayalakshmi & Jayobal (2013) performed a research on the effects of a combination of own body resistance exercises and plyometrics with and without yogic practices on selected physical and physiological characteristics in teenage males. Teenage males were recruited for the research, which sought to examine the impact on physical and physiological characteristics of the combination of physical and yogic activities on chosen teenage boys. A total of 60 young men aged 13 to 18 were chosen, split equally into three groups, and trained for a period of twelve weeks. Subjects were tested on agility, flexibility, and resting pulse rate before and after training. ANOVA was used to do the statistical analysis. The experimental groups showed substantial increases in agility, flexibility, and resting heart rate when compared to the control groups. While the experimental groups exhibited substantial gains in agility, flexibility, and resting heart rate, the control group showed no significant improvement.

The physiological effects of professional college male athletes to yogic practices and weight training were studied by **Parthiban, (2011).** During the 2010-2011 academic year, the Government College of Engineering in Salem, Tamil Nadu, India, randomly chose 45 male students enrolled in undergraduate engineering courses as subjects. They were then randomly assigned into three groups of fifteen each: Group I conducted yogic practices, Group II did weight training, and Group III functioned as a control group. A twelve-week training schedule was devised. Based on these independent factors, the researchers were able to determine subjects' resting heart rate, breathing rate, and cardiovascular and respiratory endurance levels. Resting pulse rate, respiratory rate, and cardio respiratory endurance were assessed before and after the study. Analysis of covariance was utilized to examine the data obtained from the experimental groups before and after the experiment period″ (ANCOVA) (ANCOVA). Post test means were proven to be significant whenever the ″F″ ratio was changed. The mean differences between the pairs were calculated after the Scheffe's test had been performed.All instances had the degree of confidence set at 0.05. The groups differed significantly in terms of resting heart rate, respiration rate, and cardio respiratory endurance.

Katzman et al. (2012) addressed the impact of yoga on adults (ages 18 to 65) diagnosed with Generalized Anxiety Disorder. A total of 31 people who had previously tried outpatient therapies including Cognitive Behavioural Therapy (CBT) and Mindfulness Based Stress Reduction (MBSR) were involved in this research (MBSR).After participating in 22 hours of Sudarshan Kriya Yoga classes over thespian of five days, significant changes were documented as evidenced by decrease inthe anxiety levels of the participants. Measured with the Anxiety Sensitivity Index as well as the Beck Anxiety Inventory, psychological and physical symptoms of anxiety were both accounted for. The study also measured other symptoms such as depression, in which no significant changes were noted. The researchers argued that participants' depression levels were already low when they began participation in the study, hence the lack of significant change. An overarching implication of this study relates to the benefit yoga can have on anxiety levels, specifically anxiety in individuals who showed a lack of progress in other clinical treatments for anxiety.

Secondary school pupils' mental well-being was researched by **Khalsa et al. (2012)**. For the objective of this study, researchers intended to evaluate the probable psychological advantages of yoga for teens in high school. Over the course of a single semester, students were randomly randomized to either normal physical education classes or to 11 weeks of yoga sessions based on the Yoga Education curriculum. Students completed self-report measures of mood, anxiety, perceived stress, resilience, and other mental health characteristics at the start and end of the program.Anger management and fatigue/inertia were shown to have statistically significant changes over time in yoga participants compared to control groups. The control group's outcomes deteriorated with time, whereas those of the yoga group either remained stable or showed minor improvements. These early findings imply that yoga may have a protective or preventative function in mental health maintenance when implemented in a secondary school context and are acceptable and practicable.

According to **Amit Kauts and Neelam Sharma (2012)**, focus denotes a sense of completeness, wholeness, and harmony. Concentrating one's focus on a single thing is known as concentration. Memory is the ability to recall or remember prior events, evidence, or talents learned in the past. Knowledge is mostly based on two processes: the ability to focus one's attention and the ability to remember previously encountered information. Improvements in focus and recall have been shown in the yogis. The study's primary goal was to determine whether or not yoga's attention and memory-improving properties could be confirmed. From among the 159 pupils who scored highly on the stress scale and the 14 students whose scores were in the middle, researchers culled an 800-person sample of teenagers. Before the test to evaluate concentration and short-term memory, experimental and control groups were selected.For seven weeks, the experimental group was subjected to a yoga curriculum that included asanas, pranayama, meditation, and prayer.

Rajam and Shenbagavalli (2012) looked researched the impact of various forms of physical activity and yogic practices on the fitness levels of female college students in the United States. There were 105 female participants aged 17 to 25 selected for this study's random sample. In total, three different types of samples were used in the study: one for exercise, one for yoga, and a third for comparison. The dependent variables of the experiment were selected physical fitness measures, such as shoulder girdle strength, abdominal muscular strength, and cardio respiratory endurance. Prior to and at the conclusion of the twelve weeks, all participants were tested. There were five days a week of instruction. The ANCOVA was used to investigate the statistically significant difference. Preferred mean differences across groups were found using the Scheffe's post-hoc test. A considerable improvement in althea dependent measures, such as strength of the shoulder girdle, abdominal muscular strength, and respiratory endurance, was seen in both the physical and yogic practices groups. The physical exercise group outperformed the yoga practice group in independent variables such shoulder girdle strength, explosive power, abdominal muscle strength, and cardio respiratory endurance. Physical, physiological, psychological, and performance factors of kabaddi players were researched by Senthil Kumar (2012) in order to identify the influence of physical combined physical and yogic practices. Participants for this study were randomly selected from a pool of 45 intercollegiate athletes ranging in age from 18 to 24. Among the criteria considered were raw power, muscular stamina, and speed and agility. The duration of breath holding, heart rate, systolic blood pressure, and diastolic blood pressure were all taken into account. There were three equal groups of participants. Pre and post-tests were administered as part of the study's true random group design. The 45 participants were divided equally into three equal groups of fifteen male students each using a random number generator. There were three groups: Physical Exercises (PEG), Combined Physical and Yoga Practices (PCYPG), and the Control Group (CG) (CG). Those who took part in the program had to put in about 12 weeks of hard physical work. Analysis of covariance was performed to analyze the significance of the mean differences in performance and performance-related factors across the three groups. The scheffe test was utilized as a post-hoc test if it was found to be significant. Researchers found that physical workouts had a stronger influence on physiological variables than the combination of physical and yogic activities, according to the findings of this study (explosive power, muscular strength, speed and agility). An examination of the effects of physical and yogic exercises on physiological (heart rate, diastolic blood pressure, and breath holding duration), psychological (somatic anxiety, and self-confidence) and behavioral outcomes (hand touch, leg touch, ankle hold and blocking).

Prince, F. D. (2012) The 14-17-year-old age group, 90 boys from rehabilitation homes in Chennai, were chosen to study the effects of yoga asana packages on specified motor fitness, physiological, and psychological capacities. Before and after the tests, the participants were divided into three groups: the Younger Yoga Group, Christina Yoga Group, and the Control group, in which flexibility, muscular endurance, and agility were measured in terms of fitness; vital capacity, maximum oxygen consumption, and cardiorespiratory endurance were measured in terms of physiological capacity; anxiety, aggression, and self-confidence were measured in psychological terms. Package I and Package II of yogic practices were performed for a total of 12 weeks. Different yoga asana packages have a major impact.

Suresh Kumar.M, et.al. (2012), performed a research on the influence of yogic practices on selected physiological and psychological characteristics in teenagers males. Thirty 12- to 16-year-old males from the city of Coimbatore were chosen at random to participate in this research, and their ages varied from 12 to 16. The yoga practices (YP) and control group (CG) were allocated to the participants (n=30) in an equal number of ways by random selection. With the use of the Competitive Sport Anxiety Inventory – 2, we were able to gauge our levels of mental and physical stress before participating in a sport (CSAI-2). In order to determine the subjects' blood pressure, a sphygmomanometer was utilised. A bio monitor was used to keep track of the heart rate. An ANCOVA was used to compare the two groups and find out how they differed. They revealed lower levels of cognitive and somatic anxieties as well as a higher degree of self-confidence in the yogic practices groups than in the control group. There was no significant change in diastolic and systolic blood pressure between the yogic exercise group and the control group.

Rathore Vishan Singh, (2012) analyzes the influence of yoga training on certain physiological and motor fitness components of National sub-junior volleyball players. We selected 24 junior national volleyball players from Chhattisgarh at random, ranging in age from 12 to 16. Yoga courses were held four days a week for a period of 12 weeks with the participants. Participants' resting heart rates, flexibility, hemoglobin levels, and explosive strength were measured before and after a 12-week training period. The significance of the differences between the groups was assessed using a T test.A yogic exercise program has a considerable impact on physiological factors. He found that yoga practice improves flexibility, explosive strength, and range of motion by increasing the suppleness of muscles. Elastic resistance is developed as a result of muscle stretching. Contraction force is generated by this process in muscles.

Saraja (2011) evaluated the effects of physical exercise and combination of yoga practice and physical exercise on selected motor ability components and physiological variables among college male students in order to better understand the benefits of yoga practice. These students were recruited at random from numerous institutions in the district of Sivagangai in Tamil Nadu, India and ranged in age from 19 to 23. A yoga group, a physical exercise group, a combined yoga/physical exercise group, and a comparative group were all formed. For six weeks, participants in the first three groups practiced yoga asanas, pranayama, Dhayana, and physical exercise. All participants completed a pre- and post-test before and after the program. There were four independent variables chosen from among the components of motor ability (flexibility, cardiovascular endurance, and breath holding duration) (yoga, physical exercise, the combination of physical exercise and yoga, and a control group). Researchers found that flexibility and endurance were increased more by yoga and yoga-based activities than by physical exercise, while flexibility was enhanced more substantially by yoga-based exercises mixed with physical exercise. Cardiopulmonary endurance is better improved via physical activity than through yoga. Physical activity had a lesser effect on resting pulse rate than yogic techniques.

Asana, pranayama, meditation, and game-specific training were studied by **Samsudeen, (2011)** to see whether they had an influence on selected physical fitness components and performance characteristics among District Cricketers. At least 48 college-level cricketers from different affiliated clubs in Madurai District were picked at random and their ages varied from 18 to 25 years old. First, three experienced coaches evaluated each participant's skill level as a cricketer on a scale of 1 to 10. The participants were grouped into three matched groups, each with sixteen individuals, based on their Cricket playing abilities. There was no particular training or conditioning given to Group III (Control) as there was to the other two groups. A game-specific field training routine was devised in order to improve the cricketers' ability and fitness. It took the study's researchers twelve weeks to deploy the game-specific training packages, which included two two-hour sessions each day, five days per week. They practised yogic exercises before or after their field training sessions for 45 minutes.Asana, pranayama, and meditation are all components of the yoga practice. The factors in this study were speed, explosive strength, endurance, and flexibility of the motor system. The respondents' physical fitness was assessed using a variety of methods, including a 50-meter run, a standing wide leap, a 12-minute run, and a stand-and-reach test. Each player's Cricket skill was evaluated by three experienced coaches. The investigators provided a subjective rating guideline. Before and after the experimental method, we conducted pre- and post-tests. The collected data was examined using covariance analysis. Using this test, we were able to determine whether or not the means of the two groups were significantly different. According to the findings of the study, both game-specific and game-specific coupled with yogic practise had positive impacts on motor components and performance metrics.

Manikam, (2011) investigates the impact of a strength training program that includes or excludes yogic practices on selected psychological and technical ability levels in college football players. As test participants, there were three groups of 15 men each, all between the ages of 18 and 25. Strength training without yogic practices was provided to Group II, while strength training with yogic practices was given to Group III, with Group I serving as a control. For a total of twelve weeks, four days a week of two-hour morning sessions were used to provide the strength. Group III received a 12-week yogic package consisting of 45-minute evening sessions four days a week, for a total of two hours each day. Football players' success in a competitive environment is directly linked to psychological characteristics such as anxiety and drive to succeed. Standardized questionnaires were used to collect data on these characteristics. Three certified coaches judged the players' ability level subjectively. The acquired data was subjected to an ANCOVA analysis. We utilised Scheffe's test as a post hoc analysis to determine the significance of the difference between the matched means. Training had a significant influence on how well the athletes performed, according to the statistics.There were substantial improvements in all of the players' psychological and technical ability levels when strength training plus yogic practice was compared to other groups.

According to the findings of a research conducted **by O. Ulger and N.V. Yagl (2011)**, yoga can improve balance and gait in women with musculoskeletal issues A total of 27 women between the ages of 30 and 45 were chosen at random to be the subjects of this study. A four-week yoga program that comprised asanas, stretching exercises, and breathing methods was offered twice a week to the participants. Prior to and during the trial, static balance and gait characteristics were measured. Researchers found that yoga had a positive effect on the balance and gait parameters of women with musculoskeletal conditions. There was a positive effect on the body from yoga asanas and stretching exercises, making it possible to use yoga programmes to treat musculoskeletal problems.

Robson (2011) investigates the efficacy of yoga and exercise in enhancing mood in non-depressed individuals.. Eight yoga practitioners and seven exercisers participated in this research. A Profile of Mood States (POMS) questionnaire was completed by participants before to completing a 60-minute lesson. After the lesson concluded, students completed an identical POMS questionnaire. Exercising vs. practicing yoga had a significant main impact on levels of anger ($p=0.049$); those who exercised showed greater levels of anger. Trial and time had no significant impact on tiredness ($p=0.244$ and $p=0.270$, respectively). Stress/anxiety ($p<0.001$), depression/disappointment, anger/hostility ($p=0.011$), activity and confusion/bewilderment were all significantly affected by time ($p<0.001$). In both yoga and exercise, these moods were enhanced. Exercise and yoga have been shown to enhance vigor while decreasing symptoms of sadness, stress, disorientation, anxiety, and even rage in those who practice them regularly. It is possible to use both as a self-treatment strategy for persons who are suffering low moods since they are both energizing to participants and have an uplifting influence on their mood. In the future, exercise and yoga might be a viable alternative or supplement to medicine.

We have Baljinder singh Bal, **Dr. Kanwaljeet Singh**, as well as **Wilfred Vaz (2011)** Adolescent girls were tested to see how a four-week yogasana training program affected their balance and agility. Female high school students aged 12 to 16 who took part in interschool and catch them young (CTY) programmes, such as yoga contests, willingly engaged in this study. They were divided into two groups of fifteen apiece. Separate groups were formed for the independent and dependent data during the four weeks of yoga training. Both the independent and dependent data sets were utilised to investigate group differences and post-predicted differences. P 0.05 was used as the criterion for significance. It is possible that yoga asana training might increase concentration-based performance through improving balance and agility in comparison to a control group.

According to **Gaurav Vishaw**, the physical fitness benefits of hatha yoga training include muscular strength, agility, power and speed as well as cardiovascular endurance (2011).30 male students between the ages of 18 and 24 from Guru Nanakdev University's department of physical education were chosen to participate. There were 15 people in each of the two groups, one for the experiment and one as a control. Hatha yoga classes for eight weeks were given to the test subjects. Pranayamas took up 10 minutes of each yoga session. Dynamic warm-up activities took 15 minutes. Asanas took up 40 minutes. Savasana was 5 minutes of supine relaxation. Initial and final measurements were compared using a T-test. Health-related fitness factors improved considerably compared to the control group, according to the results. The results showed that eight weeks of hatha yoga practice might considerably increase a variety of health-related characteristics of physical fitness in young, healthy volunteers, with the majority of them being women. This new research shows that hatha yoga is effective in enhancing health-related fitness measures.

Schmid, Van Puymbroeck, and Koceja (2010) investigated the influence of 12 weeks of yoga intervention on flexibility and balance. Fourteen adults were selected as subjects and their aged above sixty five. The yoga intervention was given twice in a week for twelve weeks to the subjects and it included both asanas and pranayamas. Flexibility was measured by back stretch test and chair sit and reach test and balance was measured by berg balance scale. The results of the study showed that yoga had a positive effect on lower-body flexibility and balance. According to the findings of the study, regular yoga practise can improve flexibility and balance.

Donahoe-Fillmore, Betsy, Brahler, and Jayne (2010) assessed the impact of yoga intervention on balance, flexibility, and strength in adolescent girls. The thirty three adolescents female subjects were selected and their aged between fourteen to eighteen years. Seven weeks of walking and yoga practice were needed of the participants, and all of the variables were measured before and after the program. The researchers focused on two specific characteristics of the hamstrings: flexibility and balance. Among the tests performed were the Levene's and the general linear model tests. According to the findings, regular yoga practice improves balance and flexibility.

Vanithamani (2010) investigated the effects of certain yoga exercises and autogenic training on selected physiological characteristics such as pulse rate, vital capacity, blood pressure, psychological variables such as anxiety and depression, and biochemical variables such as high density lipoprotein, low density lipoprotein fasting blood sugar, hemoglobin, and blood urea. This project enlisted the help of 60 college professors in the Indian city of Coimbatore, Tamil Nadu. The results of this study, which compared the experimental and control groups, show significant improvements in the physiological, psychological, and biochemical features of the patients in both groups..

Tripathy (2010) looked at the most recent advances in yoga for the promotion of psychological well-being and physical fitness. An rising number of individuals throughout the globe are becoming more concerned about their health and fitness as they become more aware of the importance of physical culture, body fitness, and physique and health awareness among their peers. The subject of Physical Education is likewise expanding in leaps and bounds, hand in hand. Interdisciplinary study and collaborations with various related fields are increasing on a daily basis. When it comes to a person's physical fitness, which encompasses things like strength, speed (both short and long), endurance, flexibility, and agility, the health and well-being of their internal organs (such as the heart and lungs) is the most important factor. An effective technique to improve one's physical and mental well-being has been shown via the practice of yoga. The Yoga system has been evolving since the dawn of time. To meet the needs of modern society, the system of Yoga has been adapting itself. These days, with the advent of a more interconnected society, even ancient practices like yoga are looking to become worldwide. India and the Western world are home to several innovative approaches that are at least partially derived on Yogic ideas. In periodicals and journals devoted to yoga, a variety of tools have been developed to aid practitioners in adjusting to more difficult asanas. Presenting the current state of Yoga in today's globalized world is the author's goal.

Sukla and Singh's (2010) research looked at the benefits of yoga for reducing stress. Studies show that the physical effects of stress on the body are reduced by yoga, and cortical levels have been proven to be lowered. In fact, this is one of the most common reasons individuals take up yoga. After practicing yoga, many people report feeling calmer and more at ease. Yoga's physical postures, or asanas, may assist alleviate stress by lowering muscle tension. Not only does our nervous system have a propensity to accumulate stress, but so do our muscles and other bodily parts. Our digestive system, for example, responds quite swiftly to stressful situations. In order to alleviate this tension, yoga may be a useful and efficient therapy. Even in the aftermath of a horrific occurrence, post-traumatic stress and recovery may benefit from this. Yoga works on a variety of levels, including physical, cerebral, emotional, and spiritual, to alleviate stress.

According to a study by **Shenbagavalli and Divya (2010)**, male college students' physiological and psychological well-being, including heart rate, vital capacity, body fat percentage, and symptoms of stress related to their jobs, was positively impacted by a specific yoga exercise program that included both specialized yogic exercises and autogenic training. The study's participants were picked at random from a pool of sixty (60) male students at Alagappa University, all of whom were between the ages of 20 and 30. Two groups, one for yogic activities and the other for autogenic training, were randomly formed to conduct the exercises. There were a total of 60 participants, and they were randomly divided into three groups of equal size. An experimental yoga training program was set up for me. Both an autogenic training and a control group were a part of the second experiment's experimental group II. Prior to the experimental treatment, pre-tests were delivered to each group. For the period of the investigation, the experimental groups worked six days each week for a total of 12 weeks. The significance of the mean difference between the three groups was examined using analysis of covariance (ANCOVA) (ANCOVA). Scheff's Post-hoc Test was used to determine the significance of the adjusted final group means because the F-ratios were significant. College males who combine particular yoga exercises with autogenic training and a specific yoga exercise program with higher concentrations of HDL, LDL, and fasting blood sugar than the control group have superior physiological results.

Saha, et al. (2010) Every human being's excellent health is threatened by a lack of physical activity, but it may be saved and preserved via regular exercise. Stress, anxiety, obesity, high blood pressure, and other mental health issues among persons who are sedentary are at an all-time high. By raising the basal metabolic rate, physical activity aids in dealing with these issues (BMR). There are many misunderstandings regarding exercise that might be dispelled by the outcomes of this study. Many individuals don't exercise since they aren't aware that it is harmful to their health. Our basal metabolic rate (BMR) rises dramatically as a result of regular, quality exercise. Our state of health is directly linked to our BMR, and a faulty BMR is typically indicative of a variety of physical and mental issues. The study's goal was to find out how aerobic and anaerobic exercise affected basal metabolic rate (BMR). At LNUPE, Gwalior, 40 men and 20 women from the BP group were selected at random to participate in this study. An experimental group was formed, whereas a control group was used as a comparison. While the control group did not participate in any training, the experimental group did. Quantitative measures were taken before and after the two-hour treatment session using standard equipment. Resting BMR was measured at the Laboratory of Health Science and Yoga, LNUPE, Gwalior, by the researchers. The BMR impact of exercise was studied using a random group approach. Resting BMR alterations in aerobic and anaerobic exercise individuals were shown to be beneficial.

Thiyagachanthan, (2010) undertook a research on the impact of yogic practices and physical exercises on selected physical, physiological, and anthropometric features among college male football players in the Vellore region. Anaerobic power, anaerobic metabolism, and three anthropometric measurements—chest circumference, thigh circumference, and calf circumference—were all examined in this study. Students from Vellore district in Tamilnadu who were between the ages of 18 and 25 were chosen at random for this research and placed into four groups: yogasana, physical activity, and combined physical exercise and yoga. This study did not include a control group. There were three groups: one that just did physical exercise for ten weeks, one that also did yoga for ten weeks, and a third that did both yoga and physical activity for twelve weeks. It was done for all subjects before they began training and at the end of twelve weeks of instruction. A pre- and post-test was included in the research, which was designed using a genuine random grouping strategy. The adjusted post-test mean differences across the experimental groups were tested using ANCOVA in this research. A post hoc test called the Steffens post hoc test was performed when the corrected post-test result was significant. With regards to anthropometric and physiological variables, Vellore's college men's district students observed significant advances in the likes of chest and leg girth, as well as anaerobic power physical attributes such as speed and agility. Anaerobic power, blood haemoglobin levels, resting pulse rate (RPR), and other physiological markers increased dramatically with the addition of yogic practices and physical activities to the training regimen. Students in the Vellore area of Tamil Nadu had higher scores on agility, speed, and leg explosive power than those who do yogic practices or physical exercises in the same setting. In college male students, yogic practises enhanced chest circumference, thigh circumference, calf circumference, resting pulse rate, haemoglobin concentration, and anaerobic power, as well as speed, leg explosive power, and agility.

A research by **Alagesan, et. al. (2010)** looked at the impact of yogasana on several fitness metrics, including strength, endurance, and flexibility. 30 male students from Annamalai University's Department of Physical Education and Sports Sciences, Tamilnadu, were randomly chosen as participants for the research. Two equal groups were formed. In all, there were fifteen participants in each group. Yogasana was practiced three times per week for a period of twelve weeks in Group-I. Group II served as a control group, receiving just their usual physical education classes as their only form of instruction. The criteria factors chosen were: strength, endurance, and flexibility. Prior to and immediately after the training program, all of the individuals in both groups were assessed on chosen dependent variables. Covariance analysis was done to see whether there was a statistically significant difference between the groups. If you want to test the "F" ratio, you may use a 0.05 confidence level, which was chosen since it was seen as suitable. Selected criteria factors including strength, endurance, and flexibility differed significantly between the yogasana group and the control group, according to the study's findings. Yogasana was also proven to enhance several criteria factors significantly.

Rajkumar (2010) investigated "The impact of yogic practices and physical exercise on selected physical attributes among Inter-Collegiate Soccer Players. Some of the research's findings are summarized here. It is the purpose of this research to assess the influence of yogic practices and physical exercises on selected physical attributes among NCAA football players. A random sample of Chennai-based men's intercollegiate soccer players was selected for this study. Yoga practice group (Group A), physical exercise group (Group B), and control group (Group C) were each composed of 20 individuals (groups C) (groups C). The experimental teams have been in training for a total of twelve weeks. There was no additional training offered to the "control" group (group C) In order to determine the training effects, the individuals of all three groups were examined using standardized tests and procedures on the following physical variables: Five meters of running, a shuttle run, and sitting and reaching are used to test speed, agility, and flexibility, respectively. Flexibility was significantly improved in the yogic practice group. After 12 weeks of training, the physical activity group outperformed the other two groups in terms of speed and agility.

Sharma and Tyagi, (2011) studied the impact of a particular training program on Table tennis players' physiological and fitness components. Participants in the research were chosen at random from a pool of Table Tennis players in the Delhi area. The volunteers were pre-tested for physical and physiological characteristics as part of the study's methodology. Systolic blood pressure, diastolic blood pressure, pulse rate, vital capacity, cardio respiratory endurance, and breathing holding rate were chosen as the physiological parameters for the study. Speed, agility, flexibility, power, balance, and agility were some of the physical criteria. The players' training schedule was followed by the test participants. There were comparisons made between the players' pre- and post-test scores to see how the specialized training affected them. Based on comparisons between means within the components and between means in the control group for the two groups, significant differences were found in systolic blood pressure, pulse rate, and breathing holding rate, as well as in agility (speed 21 and speed).

In **Rajakumar, (2010)**, he studies the effects of yogic practices and physical training on selected physiological variables among intercollegiate soccer players. To accomplish this, a random selection of sixty male intercollegiate soccer players from different institutions in Chennai was used. They were between the ages of 17 and 22. Twenty volunteers from each group were randomly assigned to one of three conditions: yoga practice (Group A), physical activity (Group B), or a control condition (Group C). Twelve weeks of yogic and physical training were provided to the experimental groups, while the control group (Group C) went about its everyday business as usual with no additional training. A standardized test and process was used to evaluate the training impact on the following test items for the three groups of individuals. We employed three distinct types of equipment, all of which were connected to a digital stopwatch, to assess resting pulse rate, breath-holding time, and peak flow rate. Pre- and post training data were analysed using ANACOVA and Scheffe's post-hoc test to assess statistically significant differences between the adjusted final means of the better group and those of their counterparts, respectively. After twelve weeks of training, the yoga practise group outperformed the physical exercise and control groups in terms of resting pulse rate, breath holding time, and peak flow rate.It was revealed that the yogic practice group had the best results overall when it came to improving a variety of physiological characteristics and their level of change after training.

Divya and Shenbagavalli, (2010) It was the goal of the research to determine the physical and physiological effects of yogasana. An independent research team conducted this study on 30 male students majoring in physical education and sports science at the Annamalai University in Chidambaram, Tamil Nadu, India. As you can see, we got some interesting findings.There were two groups of fifteen participants, one for yogasana and the other for control. For twelve weeks, the group and I practiced yogasana three times a week. The students in the control group only participated in their normal physical education classes, which were mandated by their school's curriculum. For example, leg strength and breath holding duration were chosen from the list of physical and physiological criteria. Measurements of leg strength and breath holding duration were made by doing leg lifts using a dynamometer. Physical and physiological variables were measured at the start and completion of the training programme for each group. The analysis of covariance was used to evaluate if there was a statistically significant difference between the groups. For testing purposes, covariance analysis provided "F" ratios with significance levels of.05. Researchers found that yogasana participants had stronger legs and longer breath holding times than their control group competitors. In addition, leg strength and breath holding time were shown to be significantly improved as a result of yogasana.

Duffield, Carney and Karppeninen, (2009) There were many variables in balance, fitness, and mood that were tracked over the course of 12 weeks in this research. This research began with the participation of 30 healthy adults, both male and female. When yoga has been practiced for 12 weeks, the n=6control value is 3. BRUMS was used to evaluate state mood in all participants, as well as one static and two dynamic tests on a force plate for balance. The study's participants were evaluated during the study's first, sixth, and twelfth weeks. For each balancing test, we averaged the COP standard deviations in both the x and y directions. Per workout, we averaged our highest sit and reach distance (in centimeters) and highest curl number. For each test, the BRUMS mood scale was expanded to include more subcategories. ANOVAs using mixed models were used to compare the findings between groups and across time. There were no statistically significant differences, p>.01. The yoga and control groups did not have the same mean values, however. During weeks 6 and 12, there was an improvement in static balance for the stork stance in the yoga group (013±.01,.008±.003). During the 12 weeks, the static balance of the control groups fluctuated somewhat both positively and negatively (.007±.001,.009±.003,.007±.00). The yoga group had an increase in hip and hamstring flexibility between weeks 6 and 12 (36.00±7.26, 39.25±7.54, and 40.75±5.619, respectively). There was an increase in core strength in both the yoga and control groups (Yoga = 14.67±14.50, 23.00±19.92, 29.00±25.24, Control = 47.67±22, iv 56,83±20, 60.00±17.16) although the difference was marginal. After six weeks of yoga instruction, depression ratings dropped and stayed down (45.33±4.04, 43±.00, 43±.00). Control group depressive symptoms decreased as well, however this was not sustained throughout the whole 12-week period (464.8, 44.33±2.07, 46±3.5). (yoga = 44.67±2.31, 43.33±2.31, 42.00±.00, control = 45.67±3.14, 49.00±8.05.) The yoga group lowered tension levels whereas the control group exhibited an increase in tension scores. Balance, fitness, and mood seem to improve after two weekly yoga sessions and/or 12 weeks of yoga, but this is not enough to have a substantial impact.

A research done by **Amutha,(2010)** examined the impact of certain yogic exercises and pranayama on anxiety, VO2max, and flexibility. Fifty male students from Chidambaram-area high and upper secondary schools were selected for this project. Two equal groups were formed. Training for nine weeks, five days a week, from 6.00 a.m. to 8.00 a.m., Monday through Friday, was given to the experimental group (n=1), but the control group (n=25) did not obtain any extra training. Researchers found that participants in the training program experienced significant decreases in anxiety and gains in maximal oxygen absorption and flexibility. A reduction in anxiety and an enhancement in maximum oxygen absorption and flexibility were proven to be the consequences of a yogic exercise program. Shrama, P., Kendrick, K., and Daniel, R. evaluated the benefits of Hatha Yoga on the stress and recovery of female collegiate athletes (2009). The purpose of this research is to examine the immediate effects of Hatha yoga on stress and recovery in female college athletes (cross country, soccer and volleyball). MEHOD: Two groups, experimental (Y; n=14; age = 19.3+1.3 years) and control (C; n=11; age = 19.7+3.6 years), were constructed using 25 healthy female athletes. Hatha yoga sessions lasted 30-40 minutes and included asanas (postures), meditation, breathing exercises, and sun salutations. Training with their respective teams proceeded as normal for the athletes. Before and after four consecutive days of yoga (Y) or no yoga (N), the Recovery-stress Questionnaire for Athletes (RESTQ-Sports) was completed (C) (C). Global stress ratings dropped (2.8+ to 2.01+ 68, p=008) for Y but not C (2.60+55 and 2.95+ 70, p= 527) pre-to-post, respectively. CONCLUSION: It seems that college female athletes who practice hatha yoga experience less stress. As a result, if properly included into the training regimen, the adverse consequences of overtraining may be minimized.

Certain Hatha yoga asanas, according to **Bal and Kaur (2009),** have been shown to improve agility and flexibility. We looked at how certain hatha yoga asanas influenced agility and flexibility. Participants were selected for the study by use of a random group design. An international team of 30 male students from India's DAV Engineering and Technology Institute in Jalandhar, Punjab assisted in this study. Participant age ranged from 18 to 25 years old when the study was conducted. Two groups of individuals were then formed from the first set of participants. Group ″A″ received experimental therapy, whereas Group ″B″ served as a control. ″Hexagonal Obstacle Test″ and ″Sit and Reach Test″ were used to test Agility and Flexibility, respectively. For a period of six weeks, the participants underwent a yogasanas training program. The significance of the difference between the means of each group for the stated variable was determined using the "t" test.This exploratory research found that a six-week yogasanas training program improved agility and flexibility significantly.

According to **Sathyaveni (2009),** he performed a research to determine the effects of yogasanas and aerobics on chosen factors such as abdominal strength, flexibility, and selected physiological variables such as breath holding, resting heart rate, blood pressure, and oxygen consumption. To this end, a total of 45 males were picked at random and split into three groups, each with 15 participants: two experimental groups and a control group. Yogasana straining had a greater impact on cognitive factors than cardiovascular exercise. In comparison to the control group, the yogasans in the trial showed substantial improvements in focus, memory, and mental fatigue.

In a research conducted by **Telles, Gaur, and Balkrishna (2009),** it was discovered that yoga practices performed for varied lengths of time reduced anxiety levels in participants. All three hundred naive-to-yoga day visitors who were not staying at the yoga treatment center in northern India for stress alleviation participated in this research. Before and after a two-hour yoga session, their levels of anxiety were measured in each of the two groups. In both the yoga practice and yoga theory groups, there was a substantial drop in state anxiety levels (down 14.7%). (3.4 percent decrease). A statistically significant difference in scores was seen after the sessions. Consequently, yoga practice and knowledge of yoga theory tend to lessen state anxiety.

In **2008, Hart C.E. and Tracy B.L.** completed a research on the benefits of Yoga as stability training on the motor variability of young people. Yoga's potential to enhance submaximal force control has not been widely explored, although it has been shown to develop strength and improve submaximal force control via exercise training regimens. Strength, stability, and balance were all examined in relation to a popular form of yoga (Bikram). Yoga training (n = 10, 29 +/- 6 years, 24 yoga sessions in 8 weeks) or control (n = 11, 26 +/- 7 years) was done by young people. The yoga sessions lasted 1.5 hours and comprised standardized postures performed under the instruction of a professional instructor. The MVC force of the elbow flexors

(EF) and knee extensors (KE) as well as the steadiness of isometric EF and KE contractions, the steadiness of concentric (CON) and eccentric (ECC) KE contractions, and timed balance were all examined before and after training. We measured the standard deviations (SD) and coefficients of variation (CV, SD/mean force) of isometric force and acceleration during CON and ECC contractions. Increased MVC force for the KE muscles (479 +/- 175 to 544 +/- 187 N) was discovered after yoga training, but no change was seen in the MVC force for the EF muscles (219 +/- 85 to 219 +/- 72 N, both $P > 0.05$). A decrease in the CV of force in the KE muscles was detected in both the yoga and control groups (from 2.04 to 1.55 percent, respectively; $p < 0.05$). ECC contractions were no more variable than CON contractions in terms of frequency or duration. As a result of their yoga instruction, those who had the most KE force fluctuations before to training had the greatest gain in their stability ($r = 0.62$ to 0.84, P0.05). Participants in the yoga study improved their average balancing time by 228% (19.5 +/- 14 to 34.3 +/- 18 seconds, p 0.05), compared to controls who showed no improvement. This form of short-term yoga practice may dramatically boost balance in young people, produce minor increases in leg strength, and improve leg muscle control in those who are less steady.

Manikandan (2008) performed a research on the effect of pranayama practices and asanas on selected psychological factors among obsessive women. At random, a total of 30 overweight or obese women were chosen as test participants from throughout Chidambaram and Tamilnadu. Ten people from each of the three groups were randomly assigned to participate in the asana, pranayama, and control groups. For a period of twelve weeks, each group received specialized instruction on three different days of the week. Prior to and during the twelve-week yoga course, the criterion variables of stress and anxiety were measured by utilizing the Stress Inventory Scale and the State and Trait Anxiety Scale through the Questionnaire technique. According to the results, the asana practices and Pranayama practices groups showed significant improvements in selected mental health measures when compared to the control group.

Chen et al. (2008).A silver yoga fitness programme for female elders was tested in a pilot study The study included 16 local women over the age of 65 using a one-group, pre-post test design.. For four weeks, the silver yoga program consisted of three sessions each week, each lasting 70 minutes. Data were gathered both before and after the study period ended. A reduction in body fat and systolic blood pressure was seen, as was an improvement in balance and range of motion during shoulder flexion and abduction, as well as a reduction in the number of individuals experiencing sleep disturbances. Researchers found that a yoga exercise program geared at older women, known as silver yoga, had beneficial benefits on the health of those who took part in the study.

Research by **Senthil kumar et al. (2008)** assessed the impact of aerobic and anaerobic interval training with yogic practices on selected physical fitness characteristics of high school football players. For this study, the researcher picked 90 football players and placed them into three groups: an aerobic interval yogic group, an anaerobic interval yogic group, and a control group that trained for 12 weeks. Post hoc testing was used to evaluate significance and to calculate the F-ratio. Compared to anaerobic power training, aerobic interval training with yogic practices improved agility and speed.

In (**2008) Jadhav and Havalappanavar** investigated the impact of yoga intervention on anxiety and subjective well-being. Both state and trait anxiety levels were shown to be significantly reduced while students' subjective well-being improved. 379 urban 11 to 13 year old school students in 6th, 7th, and 8th grade were studied on their "Breakfast Eating Habit and its Influence on Attention Concentration and Immediate Memory". As compared to eating irregularly or skipping breakfast, regular breakfast intake had a positive impact on students' focus, memory, and academic performance (Gajre, Fernandez, Balakrishna and Vazir, 2008).

Researchers **K.K. and Sharma (2007)** researched the relaxation method Shavasana in an effort to alleviate stress. Using 60 young people of both sexes, this research examined whether Shavasana may be an effective stress-relieving technique. An experimental method of inducing stress, the Cold Presser Test (CPT), was used to study the impact of stress on several cardio-pulmonary functions. These included monitoring changes in blood pressure, pulse rate, respiration rate, and the product of these rates. Three different experimental sets were used in this investigation. After CPT, all parameters were recorded in supine position and in the baseline state. Second CPT was performed after 10 minutes of Shavasana and third CPT was performed after

4 weeks of regular Shavasana training for 10 minutes each day for 4 weeks. Results: After practicing Shavasana for 10 minutes and for 4 weeks, all baseline values reduced statistically substantially. In all three scenarios, cold presser-induced stress increased all metrics statistically significantly, although the increase was blunted, and the percentage increase decreased with time. According to this research, a person who practices Shavasana may effectively lessen the physiological impacts of stress.

Padmadevi, (2007) It was shown that many physiologic and psychological factors in college ladies responded well to both yoga and exercise, as well as a combination of the two methods. The physiological factors of resting pulse rate, cardio respiratory endurance, and breath holding duration, and the psychological variables of anxiety, aggressiveness, achievement motivation, and self-confidence. Students in the age range of 17 to 21 were chosen at random to participate in the study. In addition, they were split into four equal groups and given the following treatment: Exercise in groups I and II; yoga in groups III and III's combination of the two; and a control group in IV's place. All four groups were tested before to the training and after six weeks of experimental therapy, respectively. The substantial impacts of the treatment groups were discovered via the application of analysis of covariance. The significant difference between the matched means was determined using Scheffee's post hoc test. A mixture of both trainings has been shown to be beneficial to all of the factors.

Yoga, according to **Rana (2007),** may be a valuable addition to a person's normal training regimen for athletes. Strength, flexibility, range of motion, and attention are all improved as well as the cardiovascular system's health and stress levels are lowered when yoga is included into a regular training regiment. In terms of performance, integrating yoga to your workout routine is the most important advantage. Having a larger range of motion and less fear of injury makes it possible for athletes to exercise harder and more intensely.

Lohan and Dolly (2007) aim of study was to explore the effectiveness of an intervention programme of yogic asana and Pranayamas on Physical fitness of adolescents. Selected yogic asanas and pranayamas were chosen for training programme. The study was conducted on 60 adolescents of age group between 12 to 16 years. Physical fitness components i.e. abdominal strength, endurance, power, speed and agility were analysed before and after the training programme. The obtained data was analysed by applying t-test. The results thus found show that the training of yogasanas and Pranayamas have improved significantly almost all the physical fitness components chosen in the present study.

Ramesh, et.al.,(2007) studied the effect of certain yogasanas and pranayama on selected physical and physiological parameters of school boys. The study included agility, flexibility, systolic, diastolic, and pulse rates as factors. 30 school lads were picked randomly as subjects. Their ages varied from 12-15 years. They were sorted into two equal groups and allocated an experimental and control groups. Yogasana and pranayama training were found to have a positive effect on a variety of biomarkers. During the eight-week training period, some variables showed considerable gains in efficiency.

Samsudeen and Kalidasan, (2007) evaluated the impact of game specific field training and yogic practices on physical, physiological, psychological and performance factors among college level cricketers. Four matched groups of sixteen young men between the ages of eighteen and twenty-five acted as the test participants for this experiment. Game-specific field training was used in Group I; yogic practices were used in Group II; game-specific field training was used in Group III; and no training or conditioning was used in Group IV (the control). Training took place over the course of twelve weeks, six days a week, and two sessions each day, with two hours allotted for each game-specific practice on the field. Groups I and III engaged in 45 minutes of yogic exercises. Flexibility, endurance, resting heart rate, breath holding duration, sports competitive anxiety, self-confidence, and technical ability level were selected as factors for the study. The standardized exam was performed before and after the experimental treatment for all metrics except technical skill. Before and after therapy, the technical ability levels of each participant were appraised by three competent coaches. Analysis of covariance was utilized to examine the obtained data Both training groups I and II had good effects on all of the specified metrics, as evidenced by these findings The study also found that cricket players' performance improved significantly across the board when game-specific field training was paired with yogic practices (group II).

Premkumar and Mariayyah, (2006) studied the effect of certain yogic practices and physical workouts in increasing the cardio respiratory endurance among the residential male college students. An all-encompassing yogic and physical workout program was created with the cooperation of yoga and sports professionals and previous study into these topics. Sixty residential male college students were picked at random and divided into three groups of twenty each namely group A, group B and group C. The first two groups are experimental groups while the third group is a control group. Both groups received a three-month training program that included both yoga and physical workouts that had been specifically created for each group. Group C, which served as a check, received no further instruction. The Cooper's 12-minute run/walk test was used to determine the cardiopulmonary endurance of each group, and the results were preliminary. After three months of specialized instruction, the same exam was performed and recorded as the post-test EST. The before and after test results were compared using analysis of covariance to see if there were any notable improvements. We did a post-hoc test to see which of the three groups performed best. Cardiopulmonary and respiratory endurance was improved in participants of all skill levels.

Chaya, (2006) The purpose of this research was to explore whether a 24-week senior-tailored silver yoga (SY) exercise program would be useful in the rehabilitation of vulnerable old adults in transition. METHODS: The SY group (n = 38) and the control group (n = 31) were randomly allocated to each other based on the assisted living facilities in which they lived, and 55 of the participants completed this quasi-experimental pre-test and post-test research. Three times a week, for a total of 24 weeks, 70-minute sessions were held. At the beginning of the experiment, after 12 weeks, and at the completion of the 24-week period, participants' physical fitness (body composition, cardiovascular and respiratory functions, flexibility of the body, strength and endurance of the muscles, balance, and agility) was examined. RESULTS: Participants in the SY group raised their fitness levels more than those in the control group did at the conclusion of the trial (all values were.05 or higher) (all values were.05 or higher). Residents at senior living facilities might benefit from SY exercises as an activity program to help them maintain their physical condition as they enter the later stages of their life..

Madanmohan and associates (2005) intended to conduct a comparative research of the ′′Effect of short term (three weeks) training in savitri (slow breathing) and bhastrika (rapid breathing) pranayama on respiratory pressures and endurance, response time, blood pressure, heart rate, rate-pressure product, and double product." Each of the thirty student volunteers was split into two fifteen-person groups. We were taught savitri pranayama, a kind of breathing that includes a steady and deep inhalation and exhalation of air. Group II received instruction in bhastrika pranayama, a kind of quick and deep breathing using a bellows. Before and after a three-week training session, researchers assessed several parameters. Respiratory pressure and endurance increased significantly after practicing Savitri pranayama. There was a noticeable but statistically insignificant reduction in response time in both groups. Cardiovascular markers such as heart rate, pulse pressure, and the double product were all lower in the savitri pranayama group whereas they were considerably higher in the bhastrika group. Different forms of pranayama were shown to induce various physiological responses in healthy young volunteers.

Silver and Mokha, (2005) State anxiety has been shown to be reduced by yoga practices done for varied lengths of time Non-residents at a yoga treatment center in north India fortress alleviation for day visitors were included in this research, which included a total of 300 participants. Before and after a two-hour yoga session, they were divided into two groups: one for yoga practice and one for yoga theory. In both the yoga practice and theory groups, there was a substantial drop in state anxiety levels (14.7 percent) (3.4 percent decrease). A statistically significant difference in scores was seen after the sessions. Practicing yoga and studying its theoretical underpinnings both seem to lower levels of anxiety in the body and mind, with the latter effect being more pronounced after a session of yoga.

Michalsen, A. Grossman, P. Acil, A. Langhorst, J. Ludtke, R. Esch, T. Stefano, G.B. and Dobos, G.J.9 carried out an study in (2005) on Yoga to reduce stress and anxiety among distraught women. Controlled, prospective, non-randomized research was conducted in this study. Female participants (average age 37.9, +/- 7.7 years) who self-reported excessive stress but did not match the diagnostic criteria for mental illnesses participated in the study (i.e., clinical depression or anxiety disorder). First, 16 ladies took part in the intervention, with the remaining eight serving as a control group. a) (and received the intervention later). Lessons in Iyengar yoga were taught twice weekly by a certified Iyengar instructor. Lessons in the Iyengar method were heavily focused on stress-relieving poses. The most prevalent varieties are backbends, standing poses, forward bends, and inversions. The study only specified a small number of poses and sequences. Participants were encouraged to continue their training at home. Relaxation and stress reduction were found to be more pronounced in the yoga group than in the control group. Improved well-being was seen among the yoga students.

Michalsen,et al.,(2005). A three-month intense yoga program resulted in rapid stress reduction and anxiolysis in worried women, according to the research. Subjects were 24 females who self-reported being emotionally upset. A controlled, prospective nonrandomized research was done. A 90-minute Iyengar yoga training session was held twice a week throughout the course. Stress and anxiety, as well as energy, vigor, and sadness, were all significantly reduced. Physical well-being improved as well, with individuals reporting significant alleviation from headache and back discomfort. yoga lesson reduced the cerebral level of saliva considerably.

Bhatia and Premlata (2005) studied the effects of certain yogic exercises on college-level players' balance and awareness. An excellent example of a movement that incorporates all of one's senses To maintain balance, we rely more on motor-visual information than kinaesthetic information in infancy and early childhood.The ability to do different balancing activities better during the course of childhood and adolescence, albeit the rate at which this progress occurs varies depending on whether the activity is static or dynamic.

Santosh, K. Kohli, T., and Batani, D. (2005) assessed how yoga shatkriyas and pranayama affected senior secondary pupils' levels of stress. Sixty honors and honor roll students were selected for this study. This study used a pre- and post-experimentation control group design. Both the experiments and the control group were split in two. Shatkriyas were taught to one group, while pranayama was taught to the other. The control group received no instruction. Pranayama proved more helpful than Shatkriyas in reducing students' anxiety related to schoolwork, although both techniques ease academic stress in different ways.

Srivastava and Sharma (2004) techniques for and the researchers observed a significant decrease in stress related to academic activities of the experimental group as compared with the control group. All these results prove the positive role of yoga in mitigating stress related to academic activities.

A study conducted by **Fillmore et al., (2004)** examined the impact of yoga postures on children's physical development. Ten children aged 5 to 8 were selected for the study. At random, each person was placed in one of two groups. When one group practised 60 minutes of yoga each week, the other group acted as an experiment for 12 weeks. Participants performed a series of tests to gauge their current level of proficiency in these areas both before and after the training. With increases ranging from 1.2 percent in the sit-and-reach test to 14.3 percent in coordination, the yoga group improved in three of the six assessment categories. Gains varied from 10% to 26.50% as compared to a control group that only gained in two of six tests.According to the researchers, this study does not support the use of yoga in the treatment of children with normal development. Future studies might benefit from the well-known limits and problems that have already been identified in previous research on the efficacy of yoga poses in children.

A study by **Kamakhya, (2004)** looked at the effects of Yoga nidra on students' well-being. Students at Dev Sanskriti Viswavidyalaya's yoga clinic were asked to participate in a research to see how yoga nidra affected their levels of stress, anxiety, and overall well-being. For a total of six months, we practiced for 30 minutes each day. A total of 40 students from P.G.Yoga sessions were used to observe the results, with an additional 12 acting as a control. As the results reveal, yoga nidra had a considerable impact on decreasing stress levels while having no effect on anxiety levels. Yoga nidra also improved the individuals' overall well-being.

Barshankar, et al. (2003) studied the impact of yoga on cardiovascular function in persons over the age of 40. Spirometry, blood pressure measurements, and the Valsalva ratio were compared between a control group of 50 people who weren't exercising at all and a group of 50 people who had been practicing yoga for five years. The research found a substantial decrease in pulse rate ($P <0.001$) in those who practice yoga. A statistically significant difference ($P<0.01$) was seen between the study and control groups in systolic ($P=0.01$) and diastolic blood pressures ($P=0.01$). There was a substantial positive connection between age and blood pressure (r1 systolic=0.631 and r1 diastolic=0.610) in both the study group and the control group. Z transformation was used to determine the significance of the difference between the groups' correlation coefficients, and the difference was found to be Significant (Z systolic = 4.041 and Z diastolic = 2.901). Yoga practitioners had a considerably higher values ratio than non-yoga practitioners (P< 0.001). Yoga seems to slow the degradation of cardiovascular function with age, according to our findings..

Lohan and Rajesh (2002) investigated the physical and physiological effects of asanas and pranayamas on boys between the ages of 12 and 16. A total of 120 participants were separated into four groups: asana, pranayama, combination, and control. Tests were provided to measure abdominal strength as well as speed, agility, and power. Blood pressure, heart rate, vital capacity, and pulse rate are all included in the AAPHER Youth fitness test battery, which measures speed and endurance in teenagers. Results from the pre- and post-tests were analysed with Anacova. In the study, physical and physiological fitness was improved by training in selected yogic movements. Physical and physiological fitness improved significantly with the combined use of asanas and prayanama.

The **Swami Vivekananda Yoga Research Foundation (2002)** did a research on the relationship between yoga and relaxation. In two consecutive sessions, 35 male participants ranging in age from 20 to 46 years received yoga-based guided relaxation and supine repose. We examined autonomic indicators in 15 participants and oxygen consumption and breath volume in another 25 participants before and after both relaxing methods were applied. Oxygen consumption dropped and breath volume increased dramatically during a guided relaxing session (paired t test). Heart rate and skin conductance were both reduced by both techniques of relaxing. Power in low-frequency heart rate variability spectrum declined while power in high-frequency variability spectrum increased, showing that sympathetic activity decreased during guided relaxingSubjects having a baseline LF/HF ratio greater than 0.5 at baseline did not exhibit any such change. Based on the data, it seems that guided relaxation based on yoga may reduce sympathetic activity.

Tiken, Kosana.Joy and lnaobi, (2002)STC Athletes from Sai (Nerc Imphal) evaluated the effects of specialised yoga and aerobic training on their physical fitness. To conduct this research, a random sample of 60 athletes from SAI NERC Imphal's training programme was chosen at random. The participants were split into two groups: males and girls.Aerobic exercise classes were given twice in a week. The selected aerobic exercises consists of simple free hand exercises with running, interval running continues running procures training & modified Frantisek training in track. Yogasana classes were given twice a week i. e. on Tuesday Friday I the early morning. The training programme is comprised of the chosen Yogasanas. Six physical fitness measures were used to examine the effect of yoga and aerobic training on physical fitness.The selected physical fitness items are vertical jump, push-up, sit-ups, sit & reach, 50yard dash and 12 min run walk. The study showed improvement in physical fitness after four months of yoga and aerobic exercises.

Mishra and Sinha (2001) studied the effect of yogic practices on depression and anxiety. Twenty-five adults (12 males and 10 females) in the age range of 22 to70 years who were suffering from gastro intestinal problems, anxiety, and depression, The yoga therapy session was conducted for 15 days, Results indicated that there occurs a remarkable change in all dimensions of health, stress, anxiety and depression.

A research was done by **Reddy and Kumar (2001)** on the impact of yogasanas and aerobic dancing on certain motor fitness components in girl participants. Control yogasana and aerobic dancing groups were subjected to the speed, shuttle run, agility sit and reach to measure flexibility, and a 9-minute run/walk to measure cardio-respiratory endurance. Twelve weeks of instruction were provided to a total of ten participants in each group. Scheffe's test was used for the 't' test, the analysis of covariance, and the post hoc test. Both yogasana and aerobic dance groups showed significant improvements in speed and agility as well as flexibility and cardio-respiration endurance after training. There was no difference in speed, agility and flexibility between the yogasana and aerobic dance groups following training.

Ray et al. (2001) evaluated the impact of yogic practices on young trainees during the training period. A total of 54 individuals, all between the ages of 20 and 25, were randomly allocated to either the yoga or control groups. Yoga was given to the yoga group (23 men and 5 women) for the first five months of the course whereas it was not given to the control group (21 men and 5 women). Both teams engaged in yogic exercises from the sixth to the ninth month of training. Heart rate, blood pressure, mouth temperature and skin temperature in resting and exercised states were measured. Personality qualities, such as intellect, numeracy, and psychomotor abilities, and mental well-being were also measured. Before and throughout the fifth and tenth months of training, a number of measures were acquired.As time went on, both groups saw a decrease in their sympathetic activity as a result of their new work and training environments. Finally, yoga group exhibited a decreased sympathetic activity at the end of the 5th and 10th months. In the yoga group, there was an increase in anaerobic threshold and submaximal exercise performance. Yoga enhanced flexibility in the shoulders, hips, trunk, and neck. Many psychological factors, such as the decrease in anxiety and depression, were improved after yoga activities.

According to **Mridula and Sinha (2001),** 25 people aged 22 to 70 with gastrointestinal issues as well as hyperanxiety and depression were evaluated for the impact of yoga practices on depression and anxiety. Tools: For the STAI by Spiel Berger (1970) and the SCL by R.L. Dero gatis 35 (1981). Method practiced: Yogic practices of Asana, Pranayama, Mudra, Pratyahara, Dharana and Dhyana for 15 days. Results: Remarkable reduction in levels of both anxiety and depression.

L.B. John Walsakom (2000). An investigation of the benefits of asana practise on schoolboy balance, flexibility, muscular endurance, and reaction speed was conducted From Pondicherry's public and private schools, children between the ages of 10 and 15 were selected. For each of the groups, a fixed number of participants were assigned. Ten weeks of one-hour asana practice each week were given to the test subjects. In order to measure a person's balance and flexibility in addition to their muscular endurance and response speed, the nelson hand stick was used. First and final test results were analyzed using Covariance Analysis (ANCOVA). After 10 weeks of training, he came to the conclusion that all of the factors he looked at had improved significantly.

A research done by **Ellen Serber (2000)** found that yoga was an effective method for dealing with stress. In response to a physical or psychological danger, the body's chemical and hormonal systems go into overdrive, creating stress, which is extremely prevalent in human existence. During an attack, the person's heart and muscles are pumped with more blood, while all non-essential activities are halted. This response gives the body a temporary edge in self-defense. Over time, chronic stress causes the body's regular physiological responses to either become excessive or shut down, resulting in malfunction. Exercising has been shown in numerous studies to lessen the body's stress response, and many individuals are now aware of this. The benefits of yoga for stress management have been studied, however the results have been inconsistent among studies.Yoga, on the other hand, has been shown to be quite useful in reducing and eliminating the effects of stress and anxiety. Many of the yoga practices described in this article also included breathing techniques like pranayama and meditation that ranged in intensity from intense to somewhat calm. A recurrent theme in all research on stress was that the process is just as essential as the end result. Yoga is a proven method for managing the stress response due to its emphasis on increasing one's awareness of one's own body and mind.

Noakes & Durandt, (2000) Kalidasan et al. (1998) in their investigation on the impact of training with and without selected yogic practices on the technical skill level of cricketers. Because of their yogic skills training, the boys in this study fared better than the others. Hanin's Zone of Optimal Functioning idea was broadened by evaluating both severity and direction of competitive state anxiety in this research. Twenty semi-professional cricketers completed the revised Competitive State Anxiety Inventory2 before to the match. Inter-individual evaluations by three competent cricket coaches applying subjective criteria were undertaken for each match. Multiple empirical research revealed three separate zones for state anxiety intensity and direction: a ″below,′″″in,″ and ″above″ zone for both cognitive and physical anxiety. Anxiety's intensity and direction were studied using two two-way analyses of variance, using cognitive anxiety zone level x somatic anxiety zone level as their variables.. Anxiety zone levels were shown to have a considerable impact on performance scores, as demonstrated by the results of the study. We should look into this theory, which proposes that the interconnections between Cognitive and Somatic Anxiety are best studied using a modified version of this assessment, in more detail.

Venkatesh (1999) studied the effects of resistance fitness and yogic practices on anxiety, aggression and accomplishment motivation levels of 90 male sportspersons in colleges, with their age spans the entire 18 to 22 years, at random. Yoga and physical exercise were shown to have a substantial impact on aggressiveness and accomplishment motivation in the study participants.

A research by **Krishnakanthan (1999)** looked at ″Compression of the Training Effects of Pranayama and Running on Selected Physiological and Psychological Variables.″ Pranayama as a training modality/physical fitness is the goal here. In terms of heart rate, positive breath holding duration, anxiety level, and intensity of attention, memory power, and focus, the pranayama group outperformed the jogging group.

Berger and David (1998) investigated the effects of swimming, body conditioning, hatha yoga, and fencing on stress reduction and mood elevation. Before to and after three separate days of participation in a co-ed fencing, swimming and yoga program given POMS (a measure of state anxiety), students reported feeling much more weary than they had prior to their participation. The relationship between pre- and post-conditioning methods proved crucial in body conditioning. On four POMS subscales, people who practiced yoga reported feeling much better.

Thelwell and Maynard, (1998) After six weeks of yoga training, medical students' aerobic and anaerobic power were measured. Increased aerobic power was recorded, however anaerobic power was decreased significantly. Yoga exercise may have caused a change in muscle fiber type from Fast Twitch to Slow Twitch.
(Balasubramanian and Pansare, 1997)

In the New Behrain times, 1st May, 1996 by Sarang (1996) the scientist's research tells that meditation and yoga can treat so many diseases. The regular practice of it enables the person to become mentally strong and emotionally balanced. Mental stress can be easily removed by it. Concentration, will power and working capacity increase. Gupta (1979) has said that in yoga there is a complete synthesis of body, mind and spirit and exactly this is what the aim of all education is. From the educational point of view a stressed that yoga is the most significant scientific technique for development of an integrated personality ever evolved by human mind.

Kuppuswamy (1996) Students' flexibility, abdominal muscle strength, agility, body fat percentage, and shoulder strength were among the health-related physical fitness characteristics that were shown to be improved by physical exercise training in a research done on 120 students in the state of Tamil Nadu.. The physical exercise and yogic practises enhanced cardiovascular endurance, as well as other health-related physical fitness factors, as a result.

Moy (1996) investigated "that yoga and meditation course was effective in reducing stress and anxiety. The objective of the study was to compare physical technique of yoga to mental meditation. The sample consists of 71 males and females volunteers taken from yoga, meditation and adult-education courses. The results showed that there was significant reduction in anxiety as compared to the control group in two-tailed test after practicing 8 week yoga course and meditation.״

Schell and Schonecke (1994) investigated the physiological and psychological benefits of yoga. A yoga parching group and a control group of young female volunteers who were reading in a comfortable posture were subjected to a series of physiological and psychological tests throughout the study period. Blood pressure and endocrine indicators were not significantly different across the groups. The yoga group had a lower heart rate throughout their practice, compared to the rest of the participants. Psychological factors revealed significant variations between the two groups. On the personality evaluation, the yoga group scored considerably higher on life satisfaction and lower on excitability, hostility, openness, emotionality, and somatic complaints.At the conclusion of the trial, significant differences were found in stress management and mood.

Sakthignanavel (1995) investigated the effects on cardio-respiratory endurance, selected physiological and psychological characteristics, and the combination of continuous running and yogic pranayama activities. One hundred and eighty male pupils aged fourteen to eighteen years old were chosen from Pondicherry schools, with sixty of them being picked. Groupings I through IV were created at random from among the four groups. Continuous running, pranayama, and control groups all had their training tailored to their needs. The participants in the control group received no instruction. First and second and peak expiratory flow rate, as well as maximum aspiratory pressure and 40mmHg test, respiratory pressure, rate pressure product, cardio respiratory endurance by 12 minutes of run/walk test, were measured in the tests. Psychological factors such as mood, self-esteem, and anxiety were also measured. The relevance of the analysis of covariance was determined by employing this approach. All three experimental groups for continuous running and the combination of continuous running and Pranayama showed substantial improvements in peak expiratory flow rate, maximum aspiration pressure, and 40 mmHg. Additionally, improvements in cardio respiratory endurance, degree of self-confidence, and state anxiety were also seen with the combination of continuous running and Pranayama. Consistent jogging has a good influence on mental health.

However, the maximum expiratory pressure was larger in the groups that performed Pranayama or forced expiratory volume than in any other experimental group with the same Forced Vital Capability, Systolic and Diastolic pressure, Mean and Rate Pressure, and Pulse Pressure.

Indirani (1993). "The Effect of Yogasanas on selected Physical, Physiological and Psychological Variables among School Boys," was conducted The results show that asana has a substantial impact on both flexibility and agility. Improved breathing capacity, vital capacity, and resting pulse rate were all a result of pranayama.

Datta (1993) found that practising yoga and gymnastics regularly helps build physical fitness by enhancing motor skills including strength, speed, endurance, agility, and flexibility, he did not find the same results.

Susan Lark (1993) said that practicing Yoga will "provide effective relief of anxiety and stress. Hatha yoga could be a helpful adjunct to medical and psychological treatment when practiced regularly by clients on their own to improve feelings of physical health, reduce their anxiety and enhance their self-concepts and emotional tone."

Williams (1993) investigated the psychological and cognitive consequences of yoga practise. Young people were divided into three groups: a yoga group (26 participants), an exercise (martial arts) control group (33 participants), and a non-exercise control group (no participants) (25 participants). Measures of attention were taken by using the Visual Scanning and Attention Test and the Press Test, which are both assessments of visual scanning and attention Test observation sessions were conducted 11 weeks apart for both the pre- and post-test. There were no statistically significant differences in post-test data between any of the groups, although Williams argued that additional individuals would have yielded more statistically significant findings. Another recommendation made by the research was that just one measure be utilised since participants' post-class time is restricted. This might assist minimise an excessive dropout rate. Numerous studies have shown the physical advantages of yoga practise, such as better balance, flexibility, and strength. Yoga, on the other hand, has been shown to have a significant impact on stress levels. The practise of yoga does not seem to increase cognitive abilities such as attention and focus, in contrast to other stress-relieving activities such as exercise and meditation. Many of these research were unable to make conclusive findings on this link because of different limitations or problems.

Vishal, Singh and Madhu (1987) conducted a study on the effects of yogic practices on certain psychological parameters. The training period was six months and found the impact on the yogic practices proved that certain positive qualities in short term memory and remarkably reduced the feeling of insecurity and anxiety among 20 male subject.

According to **Gharote (1979)**, a short-term yoga training program improved the physical fitness of schoolboys. Leg strength, shuttle run, and balance were all significantly improved on the Fleshman battery of basic fitness tests, indicating that trunk strength, explosive strength, and equilibrium had also improved. Fitness may be improved by bending and stretching slowly via different asanas. cts.

according to study done by **Mukherhjee, Chahal, and Giri (1975).**"Impact of yogic yoga on the Indian hockey team winner of third world cup,"The results of the investigation demonstrated a decrease in stress and tension. Three players, however, displayed a calm frame of mind that resulted in an improvement in their fielding ability. Resting metabolic rate and some lungs perimeters may be reduced by practicing yoga.

Arun Kumar and M.K. Muchha: This research studied the impact of yogic practices on secondary school students' academic stress and on the components of academic stress, namely academic frustration, academic conflict, academic pressure, and academic anxiety. This study, which was an experimental examination, was designed using RAND matching. It was chosen to execute this experiment with a single experimental group employing a pre-test, post-text, control-group design. Academic stress was caused by a combination of factors, including both the treatment and the outcome of that treatment. Thirty days of intensive yoga instruction in Stakriyas (Kapalbhati and Trataka) as well as Pranayamas (Sitali Sitkari and Bhraman) and Meditation were given to all participants in the study. Results: No significant difference in academic stress scores between Experimental and Control students was rejected in favor of the finding that yogic practices helped reduce academic stress in students of the Experimental group from pre-test to post-test level, as compared to the 45 Control group ratio for the mean reduced scores between Experimental and Control Groups.. Between the Experimental and Control groups, the difference in mean scores on academic stress was found to be statistically significant at a 0.05 level of confidence (t=9.905). A considerable reduction in stress among the experimental students who had been exposed to yogic practices was judged invalid since H2 was shown to be true. The t-ratios between the reduced mean scores in the Experimental and Control groups were assessed to be significant at a 0.01 level of confidence for each of the four components of academic stress.On average, the t-ratio was 12.260, 4.963, 8.944 and 4.223 when comparing the lowered mean scores in four different categories: academic dissatisfaction, conflict in the classroom, academic pressure and academic anxiety. There was a 0.01 degree of confidence in the significance of all of the t-values here. It was shown that students in the experimental group who were exposed to yogic practices had lower levels of academic stress and anxiety compared to those in the control group who were not exposed to the practices.

Avalle and Vallumurgan studied the effects on high-level participants' psychological, physiological, and psychomotor characteristics of specific yogic exercises and psychological skill training. Participants in this study were intercollegiate level athletes from Maruthi College of Physical Education in Coimbatore, whose ages ranged from 18 to 24. There were three equal groups of participants. Cognitive anxiety, self-confidence, heart rate, systolic blood pressure, diastolic blood pressure, and body temperature were among the psycho-physiological variables examined. Pre and post tests were administered as part of the study's true random group design. The 45 participants were sorted into three equal groups of fifteen male students each at random. The participants were randomly randomized to one of three groups: PST, YE, or the control group (CG) (CG). Post-tests were given to those who had finished the 12-week training programs in psychological skills and yogic activities. The adjusted mean difference between the three groups was examined using analytical covariance. When an adjusted post-test was significant, the Scheffe post hoc test was employed to evaluate the difference between the matched means. Cognitive anxiety was demonstrated to be statistically significant by analysis of covariance at a 0.05 level with a F ratio of 9.66, although the adjusted F ratio in the table was 3.23. Analysis of covariance found a significant self-confidence ratio at the 0.05 level based on a table F ratio of 3.23 for adjusted means. Analysis of covariance revealed that the heart rate had a 0.05 significance threshold of statistical significance based on the table F ratio of 3.23 for adjusted means. Systolic blood pressure was not statistically significant when investigated using analysis of covariance since the adjusted mean F ratio was 3.23. Hand-eye co-ordination was revealed to be significant by analysis of covariance at 0.05 levels with a F ratio of 1032.81, whereas the adjusted F ratio in the table was 3.23. The response time was proven to be statistically significant at the 0.05 level, with a F of 13.76 as the table F ratio of 3.23 for adjusted mean values. With a F ratio of 1.28, it was demonstrated to be insignificant at 0.05 levels whereas the adjusted mean F ratio was 3.23 in a covariance study. Study findings revealed significant improvements in cognitive anxiety, somatic anxiety, self-confidence, and heart rate with yogic activities and psychological training. Diastolic, systolic, and core body temperature data were unaffected by yoga and psychological skills training. Hand-eye coordination and response time improved significantly as a result of yogic exercises and psychological skill training, according to the study's findings. Self-confidence and hand-eye coordination differed considerably between the yoga exercise group and psychological skills training group.

Benavides and Caballero. Researchers at the University of Texas in the United States conducted a research on children and adolescents to see whether satang yoga has an influence on their weight management and mental health. Pilot study's purpose was to see whether yoga may help prevent type 2 diabetes in adolescents at risk. In addition, the effects of yoga practice on self-concept and symptoms of mental illness were examined. Method:- An astanga yoga curriculum for 20 children and adolescents to be tested for a year. Before and after the program, participants' weights were recorded. At the start and end of the program, all participants took self-concept, anxiety, and depression inventories. The curriculum was completed by 14 mostly Hispanic youngsters, aged 8 to 15. Weight reduced from 61.2 +20.2 kg to 59.2 +19.2 kg (P=0.01), with an average weight reduction of 2 kg. As a group, all but one of the five youngsters with poor self worth saw an increase in their self-esteem. In the research, the anxiety system was improved.

Cowen and Adams studied twenty-six healthy persons between the ages of 20 and 58 (Mean 31.8) who took either an astanga or hatha yoga session for six weeks. Blood pressure in the diastole, dynamic muscular strength and endurance, flexibility, self-reported stress, and health perception all improved significantly during the follow-up visit. Results for each group were compared to their beginning position. Even while participants in the astanga yoga group saw lower levels of blood pressure and stress, they also saw increased strength, endurance, flexibility, as well as improved health perception. For the hatha yoga group, the only important outcomes were strength, endurance, and flexibility of the trunk's dynamic muscles. The benefits of yoga may differ depending on how it is practised, according to a recent study..

Ghosh. A total of sixty students from Utkal University High School, Vanivihar, and Bhubaneswar were randomly recruited for the research. They were randomly split into four equal-sized groups. Each one of them was between the ages of 13 and 15. The groups' layout was based on Yoga and exercise are combined in Group-A, which consists of males. In Group B, the guys do physical activity on their own. Boys only yoga practice in the third and final group, which is called C. Boys in Group D have not been exposed to any of the other therapies. Pulse rate, respiratory rate, breath holding duration, and mean arterial pressure were the physiological characteristics measured. During the course of twelve weeks, the experimental groups A, B, and C received 45-minute sessions of treatment every day for five days a week, while the control group D received no treatment at all. Twelve different free hand exercises were chosen at random. In addition to padmasana and yogamudra, there are a variety of other poses to practice as well, such as bhujangasana and the poses ardhamatsyendrasana and paschimottanasana, as well as the meditative poses ardhamatsyendra and nadisodhan pranayama and meditation. There are also poses such as dhanurasana and the meditative ANCOVA and Scheff's post-hoc test were used to evaluate the data. Pulse rate, respiratory rate, breath holding duration, and mean arterial pressure were measured in relation to pre- and post-test results for each of the four study groups. Results from a comparison of pulse rate data show a substantial drop in pulse rate in the combined group, which includes both physical activity and yoga practice. As a result of the increased stroke volume, cardiac output, and cardiac muscle efficiency brought about by physical activity, yogic practices (and their combination practices), and the combined practices, pulse rate was measured.

There was a greater drop in pulse rate in the yoga group owing to the above-mentioned events occurring only as a result of yogic activities.

Study by **Javanbakth, Hejazi, and Ghasemi** looked at how yoga helped women with depression and anxiety who were sent to a yoga clinic. Method: A convenience sample of women referred to a yoga clinic between July 2006 and July 2007 was used in this research. As part of the Beck and Spiel Berger exams, all new patients were examined upon admission utilizing a personnel information questionnaire. The experimental and control groups were split evenly among the participants. For two months, the experimental group (N=34) attended twice weekly 90-minute yoga courses. Non-yoga classes were offered to the control group (N=31). After the two-month trial period, both groups were re-evaluated. The average depression prevalence in the experimental group decreased between before and after the yoga intervention at a statistically insignificant rate (P=0.13): 12.82+7.9 and 10.79+6.04 respectively. There's little doubt that women who participate in yoga classes exhibit lower levels of both state (P=0.03) and trait anxiety (P0.001) than those who do not. panic attacks and asthma. This study discovered that yoga may be utilized as an additional or alternative therapy in the treatment of anxiety disorders.

The goal of **Kauts and Sharma'**s study was to evaluate how the yoga module affected concentration and memory. 159 high-stress students and 142 low-stress students were selected for the study based on the results of the Stress Battery. A pre-test was conducted for each group to gauge their short-term memory and attentiveness. A yoga module that included asanas, pranayama, meditation, prayer, and a value orientation program was given to an experimental group for seven weeks. A number of memory and concentration tasks were performed by both the experimental and control groups.Students who took part in the yoga program demonstrated greater short-term focus and attention levels than those who didn't.

According to a research by **Madanmohan et al**. Yoga has been shown to enhance response speed, respiratory endurance, and physical strength, Twenty-seven male students from the Jawaharlal Institute of Postgraduate Medical Education and Research's Pondicherry campus, ages 18 to 21, were chosen at random. Students had yoga lessons for 30 minutes each day for 12 weeks, six days a week on six different days. A hand grip dynamometer was used to assess muscular power. Researchers used the t ratio test to compare the outcomes of the pre- and post-test. Male students' reaction times, lung capacity, and physical strength were significantly impacted by the programme. Indian Journal of Physiology and Pharmacology, vol. Xxxvi, no. 2, p. 229, Madanmohan et al., ″Effect of Yoga Training on Reaction Time, Respiratory Endurance, and Muscular Strength.″.

The study by **Komathi and Kalimuthu** aimed to assess the effects of yoga practices on schoolboys' abdominal strength in a controlled environment. Subjects aged 15 to 17 years old were recruited from A.R.R Matriculation upper secondary school for the study. The participants were separated into two groups: a control group and an experimental group that underwent the study. Select asanas and pranayamas were done five days per week by the experimental group throughout the course of twelve weeks. There was no training program for the control group, just their usual employment. Sit-ups on a scale were used to arrive at this conclusion. All pupils were examined both before and after practice. Test results from before and after the intervention were compared using ANOVA and Analysis of Covariance. A twelve-week yoga practice yielded noticeable gains in abdominal strength compared to the study's control group. According to R.Komathi and M.Kalimuthu's study, ″Effect of Yogic Practices on Abdominal Strength in School Boys,″ in Recent Treads in Yoga and Physical Education Vol I, p.51 (August 2011).

Preetha undertook a research to assess the impact of chosen yogasanas and aerobic exercises on selected physical, physiological, and psychological features among women students of Pondicherry University. A random sample of 20 to 25-year-olds was used to select two experimental groups and two control groups. There were two groups, one conducting cardiovascular exercises five days a week and the other practicing yoga asana practice five days a week for a period of twelve weeks. They didn't get any training. Before and after the training session, all participants underwent a battery of physical, physiological, and psychological examinations. In comparison to the control group, the experimental group showed significant improvements in weight loss, flexibility, and balance through aerobic exercises and yoga.

Research by **Pailoor and Shirley** assessed the impact of two yoga-based relaxation methods on memory and state anxiety. Yoga postures that rotate between standing and supine rest are known as cyclic meditation, and it has been found to be more beneficial than corpse pose rest for increasing concentration and focus in people. (shavasana). It's possible that anxiety was at blame, but there's no way to know for sure. In a study including 57 male volunteers, researchers examined the immediate effects of two different types of yoga relaxation on memory and anxiety levels (group average age S.D., 26.6 4.5 years). On the second day, all participants had evaluations before and after completing a 22:30 minute cyclic meditation cycle (CM) and an equivalent amount of time lying in a prone position (SR or shavasana) Digit span forward and backward were tested using the Wechsler memory scale (WMS) (WMS). A component on attention and focus in the WMS was also used to test for association learning. A state-trait anxiety inventory developed by Spielberger was used to gauge the general degree of anxiety (STAI). WMS scores improved considerably following both CM and SR, however CM's improvement was larger than that of SR's, which is consistent with earlier findings. Both CM and SR lowered state anxiety levels, while CM had a greater influence. No relationship could be discovered between the percentage change in memory scores and the individuals' overall anxiety levels during either session. Supine rest in CM with a sequence of alternate yoga postures was proven to increase memory and reduce stress more quickly than a standard yoga relaxation pose (shavasana).

A research by **Selvakumar, Chandrasekar, and Pushparaj** assessed the influence of different yoga practices on college students' cardiovascular endurance. Ages varied from 18 to 20 for the 60 male students from Thiagarajar College, Madurai. The participants were separated into two groups: a control group and an experimental group that underwent the study. For twelve weeks, the experimental group practiced chosen asanas and pranayama in five weekly courses. There was no training program for the control group, just their usual employment. Participants' cardiovascular endurance was assessed by a series of outdoor exercises, including a one-mile run and a leisurely stroll. All pupils were examined both before and after practice. Before and after results were compared using Analysis of Covariance (ANOVA). There was a significant increase in cardiovascular endurance in the yoga group compared to the control group, according to the study's findings. Selvakumar. R, Chandrasekhar and T.Pushparaj, ‘‘Effect of Selected Yogic Practices on Cardio

Vascular Endurance of College Student,'' Recent Treads in Yoga and Physical Education, Vol. I, (August, 2011) p.72.

CHAPTER-III

METHODOLOGY

Scientists used a process that included individuals being chosen and variables being selected. They also used an experimental design and tests being chosen and administered. They also used a pilot study that collected data and administered tests as well as statistical techniques.

Selection of Subjects

The study's goal was to determine the "Impact of Yogic Exercises on Schoolchildren's Psychological and Motor Fitness".(Some case studies from Vijayapura district Karnataka) 80 female students aged 12 to 16 years old were randomly selected as participants and divided into two equal groups of 40 each designated as the Experimental group and the Control group in order to conduct the experiment.

Selection of variables

A review of relevant literature and conversations with experts in the field and the research guide were undertaken prior to the selection of variables for this study before deciding on the variables, the researcher conducted a study of feasibility, reliability, and outcomes to ensure that they were all taken into consideration. Psychological and Motor Fitness are the factors that will be used in this study.

Independent Variables

- **Sitting Asanas** - Padmasana, Vajrasana, Vakrasana, Paschimottanasana.
- **Standing Asanas** -Tadasana, Vrikshasana, Garudasana,Trikoasana.
- **Supine Asanas** - Shavasana, Naukasana, Halasana, Sarvangasana,Chakrasana.
- **Proline Asanas** - Makarasana, Bhujanagasana,Dhanurasana, Shalabhasana

Dependent Variables

Psychological Variables

- Stress
- Anxiety

Motor Fitness Variables

- Agility
- Balance
- Power
- Reaction time

Yogic Exercises training schedule

Sl.No.	**Yogic Exercises training**	**Time allotted**
1)	**Warm up**	10 minutes
2)	**Asanas**	40 Minutes Yogic Exercises training Practice
	Sitting Asanas Padmasana, Vajrasana, Vakrasana, Paschimottanasana	
	Standing Asanas Tadasana, Vrikshasana, Garudasana, Trikoasana	
	Supine Asanas Shavasana, Naukasana, Halasana, Sarvangasana, Chakrasana	
	Proline Asanas Makarasana, Bhujanagasana, Dhanurasana, Shalabhasana	
3)	**Relaxation**	**10 minutes**
	Total	**60 minutes**

Experimental Design

We used a pre-and post-test random group design, which included splitting up our sample of 80 schoolchildren into two equal groups. Participants in Experimental

Group I (N=40) were exposed to Yogic Exercises during their studies. A 16-week, six-days-a-week, 60-minute exercise regimen was implemented for the Experimental group. Group II (N=40) was the only one that didn't receive any additional training beyond their usual duties..

Selection of Tests

Research Supervisor and Physical Education Professionals, as well as a comprehensive review of relevant literature, guided the selection of research items. The selection tests and criterion variables are shown in this table.

Psychological Variables

Sl. No	Test Items	Tools	Unit of measurements
1	Stress	Questionnaire developed by Z.Akthar	All 51 elements on the student stress scale have been given a choice of Always, frequently, occasionally or seldom. In order to arrive at a numerical result from the exam, these five alternatives have been scored. From never to always, a score from 1 to 5 was assigned using a five-point rating system. As a result, a big total will demonstrate the indicator's strength (i.e., its high occurrence) and vice versa. From never to often, there are some unfavourable items that have received scores of 1-5. An average of 51 would be considered a low score on the student stress scale. Thus, the student scale ranges from 51 to 255.
2	Anxiety	Questionnaire developed by A.K.Singh	This exam has a maximum score of 20. There are just two possible outcomes on the Anxiety Scale for Children: +1 or 0. Items can be classified as either positive or negative. As long as the subjects say ״yes״ to any positive item or ״no״ to any negative item No. 4,9,16, or 18, they

			receive a +1 score. A score of 0 is given to all other replies (zero). In other words, a high exam score indicates high levels of academic anxiety, and a low test score indicates low levels of academic anxiety.

Motor Fitness Variables

Sl. No	Test Items	Variables	Unit of Measurement
1	Burpee test	Agility	Three trails were given and the best trail was bee recorded as the score.
2	Stork Balance stand test	Balance	The total time in seconds is recorded
3	Standing Broad jump	Power	Assessing leg power, the assistant uses the longest recorded distance.
4	The Nelson hand Reaction test	Reaction time	When the individual grasped the scale, the scale's reading was just over the upper border of the thumb.

Orientation of the Subjects

As a means of gaining cooperation and obtaining trustworthy data, the researcher presented the study's aim and the value of its training programme to the participants. Preparation for the training programme began with the teaching of various Yogic Exercises over the course of a few days.

Pilot Study

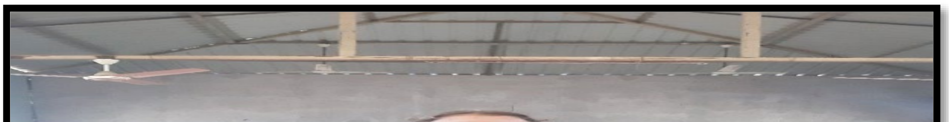
Yogic exercises can have an impact on psychological and physical health, according to the researcher. The researcher opted to conduct a pilot study with 20 participants. Pre-test was administered and recorded. Then the Researcher was given one month training on Yogic exercises. The post-test was administrated soon after the one month training. The Researcher compared the pre and post-test Results. The post-test Results indicated significant development in Psychological and Motor Fitness Variables.

Collection of Data

The Researcher wanted to know the Impact of Yogic Exercises on Psychological and Motor Fitness development. The researcher chose 80 people to participate in the study for the goal of the research. Tests were conducted and the results were recorded. For the next 16 weeks, the Researcher was given instruction in the practice of yoga. The post-test was administered at the end of the 16-week course of training. The researcher compared the pre- and post-test results. Mental and physical fitness have improved significantly following the post-test.

Administration of the Training

Yogic Exercises



Padmasana

Plate-I Subject Performing the Padmasana

Procedure

- Sitting with your legs extended in front of you
- Bend the right leg and cross it over the left thigh at the root.
- A left leg bent over the right thigh is positioned.
- Close your eyes and place your hands on your knees in order to sit up straight and calm.
- Release your hands from your knees and place them on the ground as you open your eyes.
- Stretch your left leg.
- Straighten out your right leg.

Benefits

- Improves blood flow to the lower extremities and pelvis.
- Helps alleviate back pain and rectify posture irregularities.
- Helps to alleviate constipation and improve digestion.
- Protection against both physical and psychological exhaustion.
- Memory and focus are boosted.
- Immunity and metabolism are boosted.
- Massages and strengthens the digestive system.
- Padmasana provides a sense of tranquility and amazement wonder.

Vajrasana

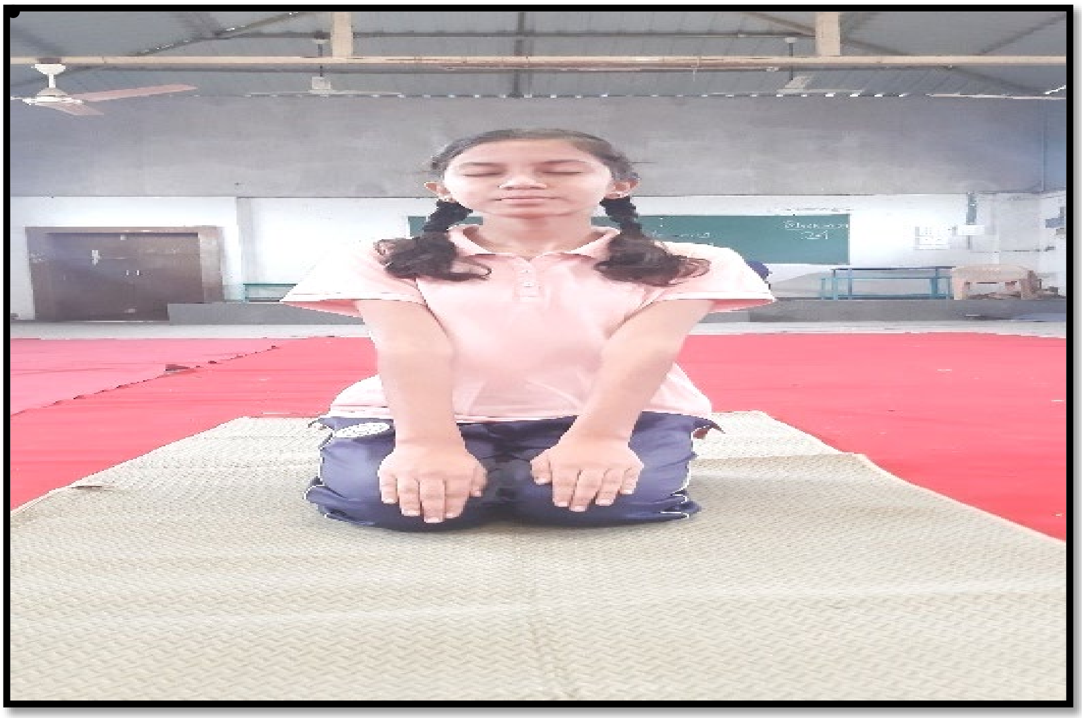


Plate-IISubject Performing the Vajrasana

Procedure

- Start taking a comfortable seat on the floor in Dandasana or fold your legs and place your feet under your hips.(In this posture, the thumbs of both toes should be contacting each other and your heels should be extending outwards).
- Close your eyes and maintain a straight spine and an erect head.
- Your knees should be contacting each other at the bottom of your squat.
- Hands should be placed atop each other in a symmetrical fashion on each side of the body.
- Continue by breathing slowly through one nostril before exhaling slowly the other.(Normal breathing).
- Inhale and exhale as though all of your ills are coming out of your nostrils..
- Vajrasana can be practised for as little as five minutes after a meal. Increase the duration of asana by 30-60 minutes once you've become acclimated to it..

Benefits

- Vajrasana has a significant impact on the digestive system. Constipation can be eased by doing this on a regular basis.
- It also improves the flow of blood throughout the entire body.
- By lowering blood flow in lower areas of the body, such as in the legs, asana can alter the flow of blood in the body. On the other side, it improves the digestive system's efficiency by boosting blood flow. Improved digestion can reduce the risk of stomach problems, such as acidity and ulcers.
- It may effectively strengthen the back and eliminate patients with sciatica and lower back pain.
- In addition, the asana is good for developing pelvic muscle efficiency.
- The labor pains of pregnancy can be alleviated by practicing Vajrasana.
- It strengthens the sexual organs, heals joint aches, tones body muscles in the thighs, hips, and calves, and removes urinary issues.
- It can aid in the reduction of abdominal fat and weight loss.
- Additionally, Vajrasana helps promote a peaceful and serene state of mind in the practitioner. It has the potential to improve nerve function.
- The liver's functioning can also be improved by this asana.
- It eliminates bloating and gas.
- Rheumatic disorders such as arthritis can be prevented by practicing the asana.
- As a bonus, it can help alleviate the signs of arthritis.
- Vajrasana can ensure the proper functioning of all of the body's organs.
- The hamstrings may be toned and the muscles in the thighs tightened.
- When practicing for meditation, an upright posture is essential, and the asana assists in developing such position. Vajrasana's slow, contemplative breathing pattern might aid in achieving a meditative state. Vajrasana can help you get ready to do some pranayama (breathing exercises).

Vakrasana

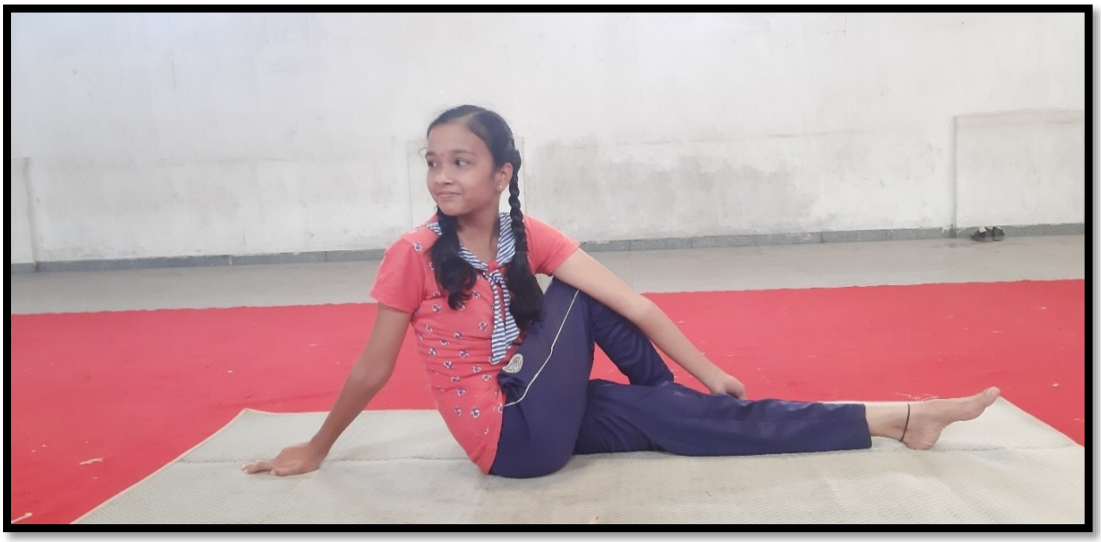


Plate-III Subject Performing the Vakrasana

Procedure

- Sit down with your legs out in front of you on the ground.
- Place your hands on your buttocks or thighs.
- Bend your right leg in a straight line and keep it extended.
- In order to keep the left knee erect and the left foot on the right knee, do precisely that.
- Inhale and lift your arms to shoulder height, maintaining your elbows straight.
- Take a deep breath in as you spin backwards, bending your knees and grabbing the ankles with both hands.
- Put your left hand behind your back with the palms facing the floor.
- Turn to the left and look back.
- Keep your foot on the gas pedal.
- The ultimate position of each step should be maintained while breathing properly. So long as you feel comfortable, stay in this posture.
- Taking a deep breath, lift your right arm straight over your head, elbows straight.
- Take some deep breaths in and exhale while resting your hands on the buttocks of your right and left sides.
- Take a few deep breaths and let your body and mind unwind.
- Do the same on the other side as well.

Benefits

- Spinal flexibility and nerve tone are improved by this exercise.
- The muscles are stretched as a result of this action.
- Helps alleviate spinal stiffness.
- Massages the internal organs of the stomach.
- Reduces belly fat.
- A variety of digestive diseases can be helped by controlling the production of digestive juices.
- Relieves pain and stiffness in the hip joints.
- The lateral side of the abdomen is decreased in fat.
- Stimulates the Manipur or Navel chakras.
- Sublimation of Kundalini Shakti is achieved.
- Ardhamatsyendrasana's benefits are comparable to these..

Paschimottanasana

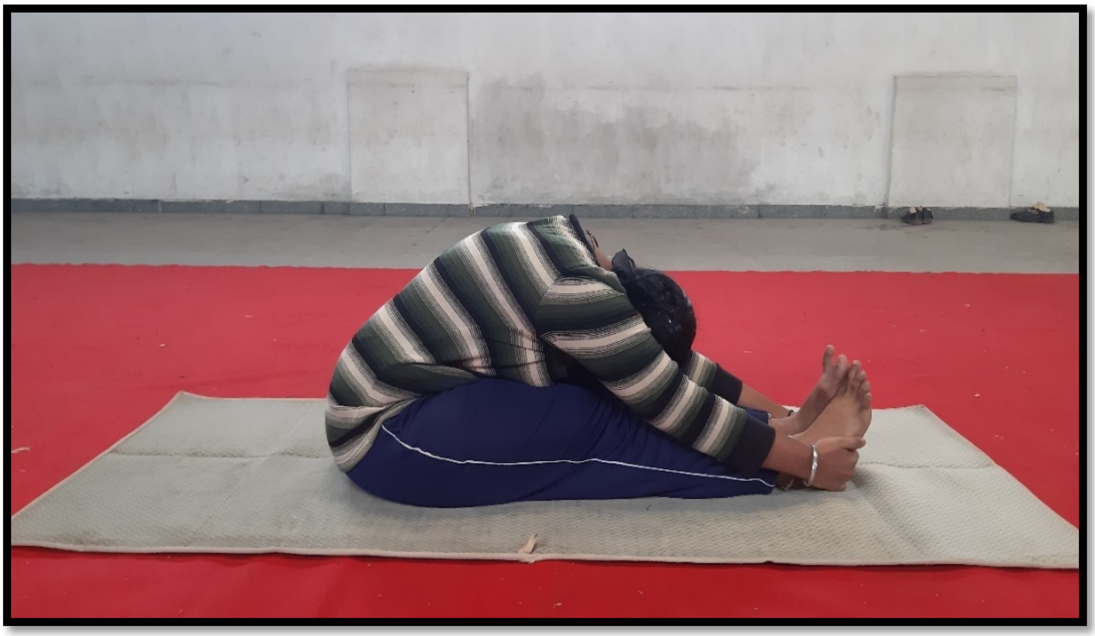


Plate-IV Subject Performing the Paschimottanasana

Procedure

- Straighten your legs out on the floor and sit back down.
- Keep your spine straight and your toes flexed towards you.
- Bring your breathing back to a more normal rate.
- As you inhale, slowly raise your arms straight above your head and extend them upward.
- Inhale and slowly bend forward from the hip joint, keeping the chin in line with the toes and maintaining an upright spine.
- Place your hands on your legs without exerting any effort.
- If you can, grab hold of your toes and use them as a lever to propel yourself forward.
- Stay in this posture for as long as you can.
- Exhale and raise your arms straight over your head once you've achieved your exertion limit.
- Exhale and place your hands palms down on the ground.
- Relax for a bit and notice how your body feels as a result of your workout.

Benefits

- Tones and lengthens all the muscles in the lower back, shoulders and hips.
- Massages and tames the abdomen and pelvic organs.
- Improves blood flow.
- Calf and thigh muscles are stretched and strengthened.
- The spinal nerves are stimulated.
- Tones the arms.
- Reduces fat in the abdomen.
- Preservatives for the liver and kidneys are also beneficial.
- Paschimottanasana relieves mild tension and depression by calming the mind
- A headache is relieved, blood pressure drops, and your muscles become more relaxed as a result
- Paschimottanasana benefits your digestive system when practiced regularly.
- Helpful for individuals who are afflicted by insomnia.

Tadasana

Plate-V Subject Performing the Tadasana

Procedure

- Maintain a reasonable spacing between your feet.
- Keep your hands close to your body.
- Raise your arms and fingers together as you take a deep breath in.
- In order to stand on one foot, you must raise your heels. From the soles of your feet to the tips of your fingers, feel your body elongate.
- This position and your breath should be held for a full count of 10.
- As you exhale, slowly return to the beginning position.
- This cycle should be repeated for a total of ten times.

Benefits

- Deep breathing strengthens and expands the lungs because of this.
- In order to gain height, this is the ideal activity.
- Promotes the growth and activation of all of the body's nerves.
- As a result, it strengthens the vertebrae and the heart.
- Women's menstrual cycles can be better controlled with the use of this herb.
- Treats the symptoms of indigestion.
- Arms and legs need to be strengthened.
- Relieves the body of fatigue.
- It helps to alleviate the condition of flat feet.

Vrikshasana

Plate-VI Subject Performing the Vrikshasana

Procedure

- Stand Straight &Place your feet together and keep your knees in the same posture.
- Keep your arms on the particular sides.
- Your right foot should be lifted up and held in place by your right hand without twisting your left knee.
- Fold your right leg at the knee joint.
- Using both hands, place the right heel as high as you can on the left thigh. And toes indicating downwards.
- Your right heel should press within your thigh.
- Now, attempt to keep your balance on your left foot.
- Once your palms and fingers are joined, lay them on the side of your left leg.
- You can also lay your hands to the mid-section of your chest in a Namaskar stance or a prayer to God pose, with your fingers pointing upwards at this point.
- Take a deep breath in and slowly raise your hands over your head.
- Stretch up & keep your body in a straight position while maintaining your balance.
- Maintain a straight posture while breathing normally (Hold the position as long as you can).
- As you exhale, lower your arms to your chest.
- Return to the starting point.
- Switch legs and repeat the pose.

Benefits

- Improves spine strength.
- Tendons and ligaments of the foot are strengthened.
- Leg muscles are toned.
- Increases knee strength.
- Improves hip mobility.
- Improves the strength of inner ears, eyes & shoulders.
- Helpful for sciatica and for flat feet.
- Calms the mind and strengthens the body.
- Concentration and Mental ability is improved.
- Preferable when it comes to postural problems.

Garudasana

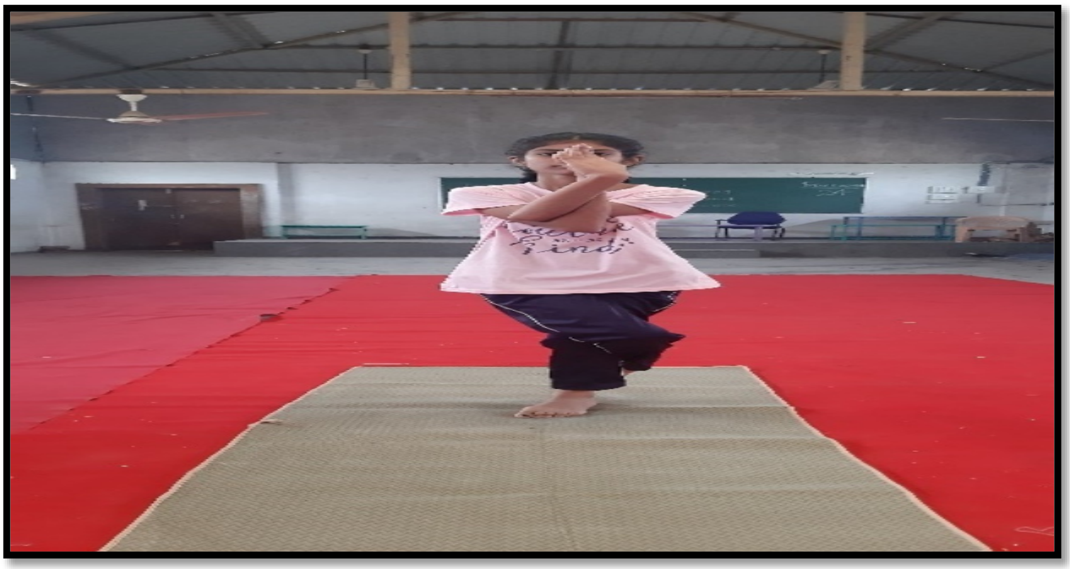


Plate-VII Subject Performing the Garudasana

Procedure

- Slightly bend your knees while supporting your body on the right leg with your left limb lifted slightly. Place your left thigh on top of your right thigh.
- Your left shin should be wrapped around your calf of the right leg. Place the top of the left foot in the lower right calf while balancing your body on the right leg.
- Raise your arms in front of you, parallel to the floor, with your palms facing up. Once you've crossed your arms, put your right arm on top of your left arm.
- When you bend your elbows, your forearms should be parallel to the floor. Take the right forearm and wrap it around the left forearm. Let the fingers of your left hand rest on top of your right hand. Maintain a straight spine.
- Focus on a distance of four to five feet with your eyes.This is the final position. Take deep breaths and hold the stance for 15 to 20 seconds.
- To return to the beginning position, begin by gently releasing the arms and then the legs. Take three deep and long breaths, Practice from the opposite side by switching the position of your legs and arms.
- Each side should be practiced at least twice before moving on to the next.

Benefits

- It improves sense of balance of the body.
- Leg muscles are also strengthened.
- It helps to release the joints of the legs.
- Sciatica and rheumatism in the leg joints are alleviated.

Trikonasana

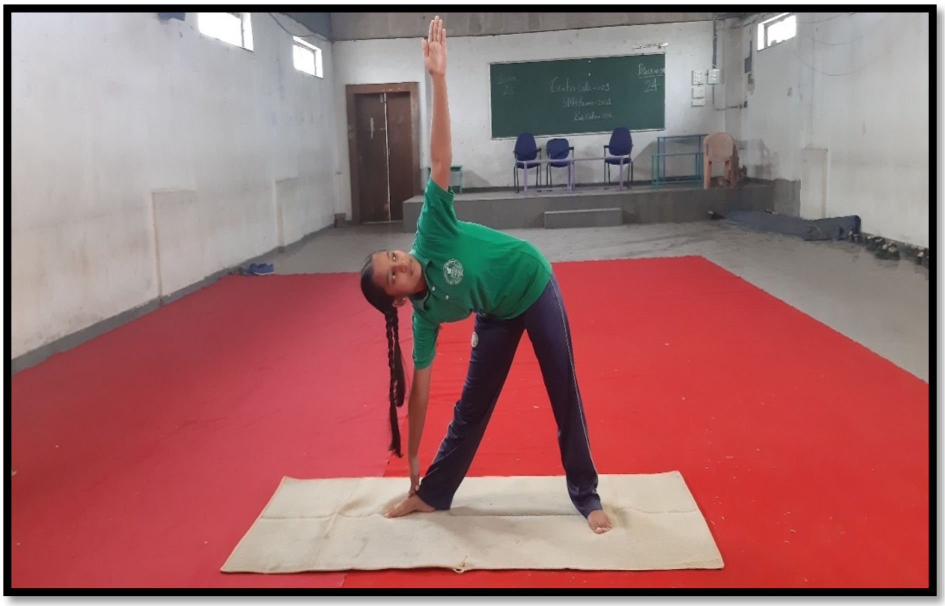


Plate-VIII Subject Performing the Trikonasana

Procedure

- Keep your knees straight and your feet a leg's length apart as you stand.
- Twist your right foot completely to outside & left foot less than 45 degree to inside while keeping the heels in line with the hips.
- The arms are spread out to the sides, parallel to the ground while palms facing the down. The trunk is stretched as far as is comfortable to the right.
- Once the trunk is fully stretched to the right, the right arm is dropped so that the right hand reaches the Shinto the front of the right foot, with the palm down.
- Left arm extended vertically, spine turned counterclockwise using extended arms as lever, spine remains parallel to ground.
- The arms are twisted away from one another, and the head is rotated to look to the left while escalating the spinal twist.
- Hold the pose for 5-10 breaths before switching sides.
- Repetition of the pose, but with the change of legs position.

Benefits

- Helps in stretching the Hip, back muscles, chest and shoulders.
- Stretches the back.
- Thighs, calves, and the buttocks are strengthened.
- Activates the nerves in the spinal column.
- It increases spinal flexibility and ensures proper shoulder alignment.
- Relieves from Back pain, gastritis, indigestion, acidity, and flatulence.
- Reduces neck, shoulder, and knee stiffness and helps in recovery from sprains. It also boosts ankle strength and tightens the ligaments in the arms and legs.
- It activates the nervous system and strengthens the pelvic area and tones the reproductive organs.

Shavasana

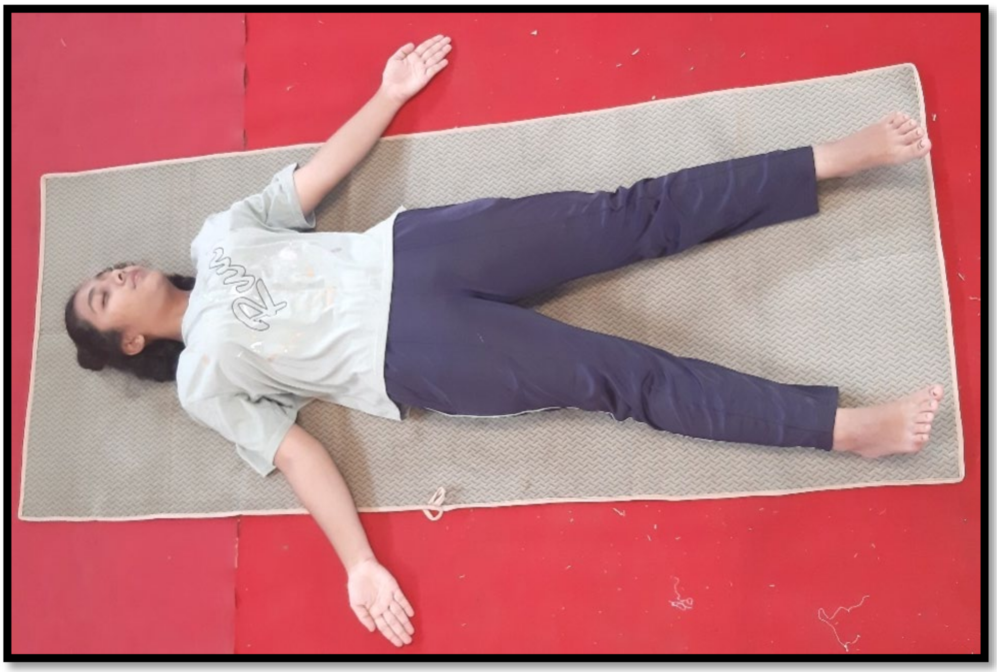


Plate-IX Subject Performing the Trikonasana

Procedure

- Lie on your back as you were asleep, separating the legs.
- Your arms should be held at your sides with your palms facing up. Just take a deep breath.
- Close your eyes and breathe deeply and slowly.
- Concentrate from your headto your feet. You are consciously relaxing eachpart of your body. Do not move without relaxing specific part of the body.
- While breathing, think that your body is fully relaxed. With each exhalation, let go of tension, stress, depression, and worry.
- People with strong attention can practice for several hours, while others can only practicefor three to five minutes.

Benefits

- With consistent practice, you'll observe the following benefits of Shavasana:
- Infuses the body vigor and vitality.
- Improves digestion and stimulates the appetite.
- Enhances the blood circulation.
- Eradicates all forms of stress, anxiety, and tension.
- Helpful in the treatment of depression and other mental health problems.
- Balance the functioning among the abdominal organs.
- Energizes and refreshes the entire body and mind.

Naukasana

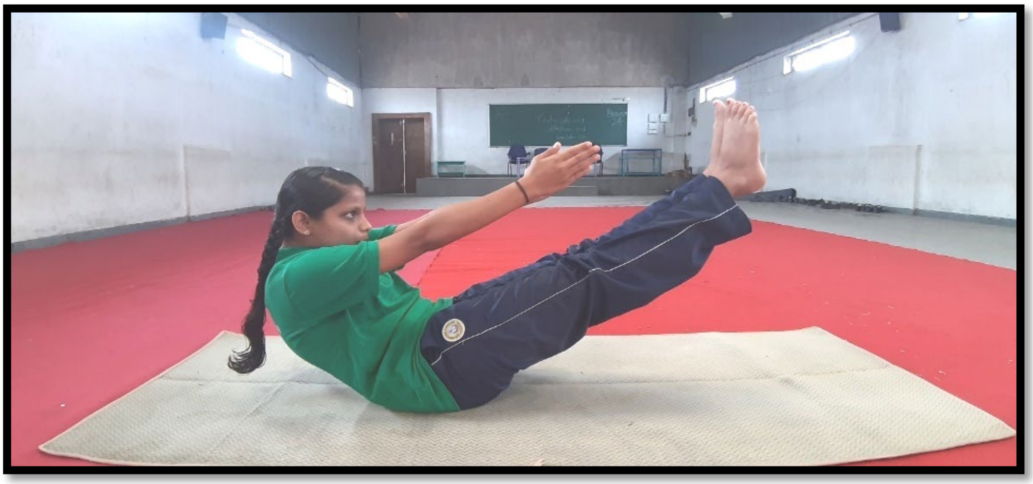


Plate-X Subject Performing the Naukasana

Procedure

- Lie on your back with your feet together & keeping your arms beside your body.
- Take a deep breath in, and exhale while lifting your chest and feet off the ground, reaching your arms towards your feet.
- Line up your eyes, fingers, and toes.
- Feel the contraction of the abdominal muscles in your navel area.
- Maintain the position while inhaling and exhaling deeply.
- Keep the position for a few seconds.
- Slowly return to the ground as you exhale.
- Practice 3-4 repetitions every day, but don't overdo it.

Benefits

- Back and abdominal muscles are strengthened.
- Tones the leg and arm muscles.
- Helpful for people with Hernia.
- This Yoga Pose aids in the reduction of abdominal fat.
- It helps with digestion..
- Improves the flow of blood.
- Gives your thighs, hips, shoulder, and neck more strength.
- Regulates the liver, pancreas, and lungs' activities.

Halasana

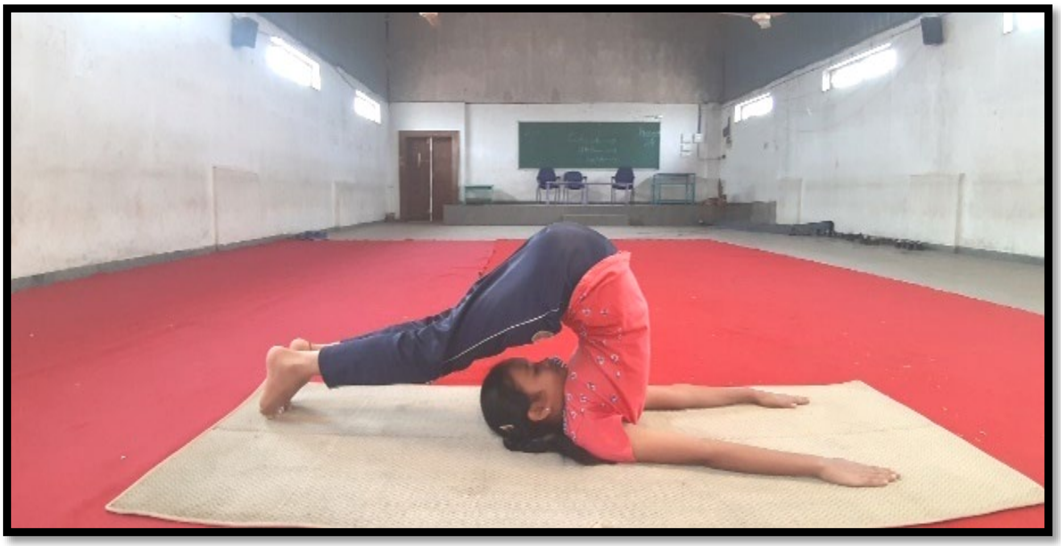


Plate-XI Subject Performing the Halasana

Procedure

- Lie down with your legs together.
- Bend your legs to a 90-degree angle.
- Keep the palms, raise the trunk and legs in backward direction curving the back and resting the legs on the ground above head.
- Place the big toe on the floor and maintain your legs straight.
- Place the entire weight of the body on the shoulder blade.
- Attempt to stay in the position until the count of 100.
- Come back to normal position by bringing the body and legs to floor.
- Relax and practice for two more round.

Benefits

- Diabetes, obesity, constipation, stomach disorder, blood pressure, and menstruation diseases can be prevented by regularly practicing this asana.
- It increases the elasticity and flexibility of your backbone.
- Halasana helps in the reduction of body fat.
- It improves memory power.

Sarvangasana

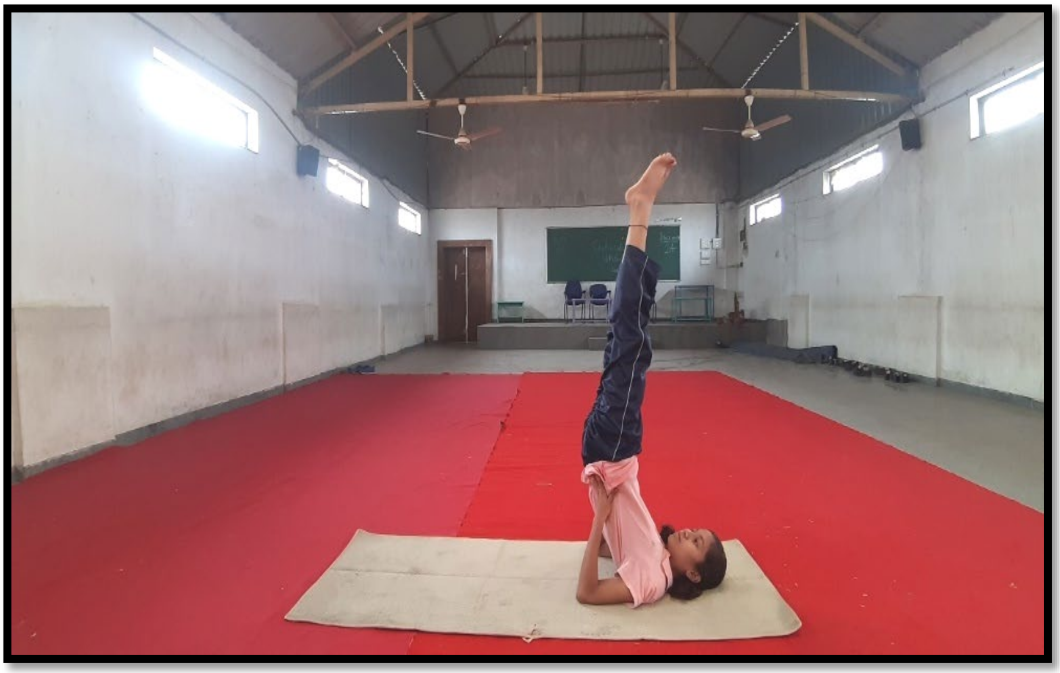


Plate-XII Subject Performing the Sarvangasana

Procedure

- Lie on your back straight.
- Inhale and Exhale, raise your legs in an upward direction.
- Once your legs are at a 90-degree angle with the floor, stop at that point.
- Sit in the Uttanpadasana pose.
- Raise your waist and legs back above your head while exhaling.
- Make use of your both hands to support your waist.
- Make your legs, back, and waist in a single straight line.
- Keep an eye on your toes as you extend them towards the sky.
- Hold the position for some time and keep breathing normally.
- Gradually return to the starting point.
- Practice this for 3 to 4 times.

Benefits

- Regulates and heals genital organ problems.
- Helpful in relieving constipation.
- Helps in curing Hemorrhoids and varicose veins.
- Helpful for ear, nose, and throat problems.
- Blood circulation, digestion, and respiration were revived.
- In this pose, a lot of blood goes towards the throat, which is great for freshening the thyroid gland.
- Helps in curing sexual disorders.
- Seminal fluid loss by night wetting or masturbation can be controlled and restored.
- Helpful for Asthma, diabetes, liver disease, and intestinal problems.
- Regulates skin shrinking and wrinkle on the face.

Chakrasana

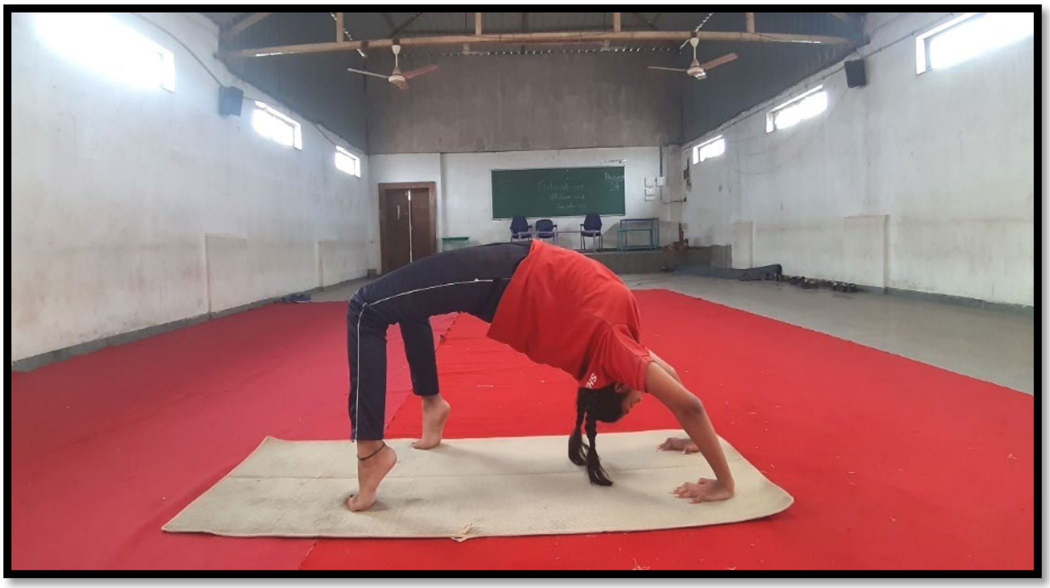


Plate-XII Subject Performing the Chakrasana

Procedures

- Lean back with knees bent and feet close to body with feet apart.
- Your hands should be beneath your shoulders, with the fingers pointing toward your shoulders and your elbows shoulder-width apart.
- Your palms should be firmly pressed into the floor as you take a deep breath in.
- Lift your shoulders and elbow.
- Your feet should be firmly pressed into the floor.
- Raise your hips while Inhaling.
- A semi-circular arch or wheel can be created by rolling up the spine.
- Try to raise your hips and chest by straightening your arms and legs.
- Stay in this position for 15-30 seconds at a minimum.
- Return to the original position by bending your elbows to lower your head and shoulders to the floor.
- Bend your knees and bring your spine and hips back to the floor and relax.

Benefits

- It helps to boost the liver, pancreas, and kidneys.
- Great for the cardiovascular system.
- Great for the Infertility, asthma, and osteoporosis.
- Arms, shoulders, hands, wrists, and legs are strengthened in the Wheel Pose.
- Stretches the lungs and the chest.
- Strengthens the arms and wrists, legs, buttocks, and spine.
- Enhances thyroid and pituitary functioning.
- Gives more energy and fights depression.

Makarasana

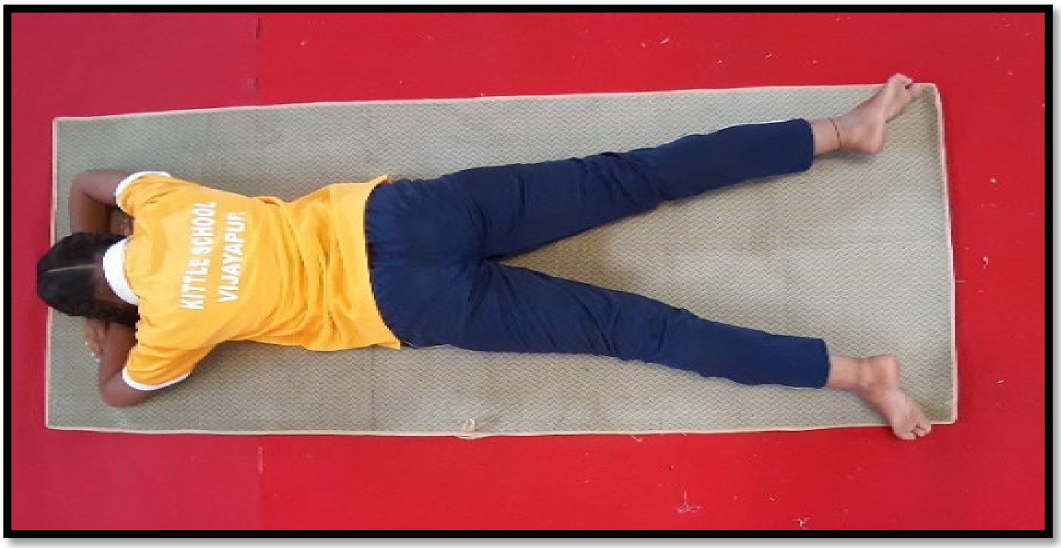


Plate-XIII Subject Performing the Makarasana

Procedure

- Lie flat on your stomach.
- Join your elbows, making a stand and keep your palms under the chin.
- Lift your chest.
- Keep your elbows and legs together.
- Inhale while folding one leg at a time, then both legs together.
- While folding, your ankles should touch the hips.
- Your feet should be straight, and you should maintain your head stable while you exhale.
- Repeat this a minimum of twenty to twenty-five times.

Benefits

- Helpful for cervical, slip disc, spondylitis, and sciatica.
- Helpful in all spine-related problems.
- Excellent for Asthama, knee pain, and other respiratory-related problems.
- Stretches the leg and hip muscles.
- This position is perfect for relieving stress after doing other Asana.

Bhujangasana

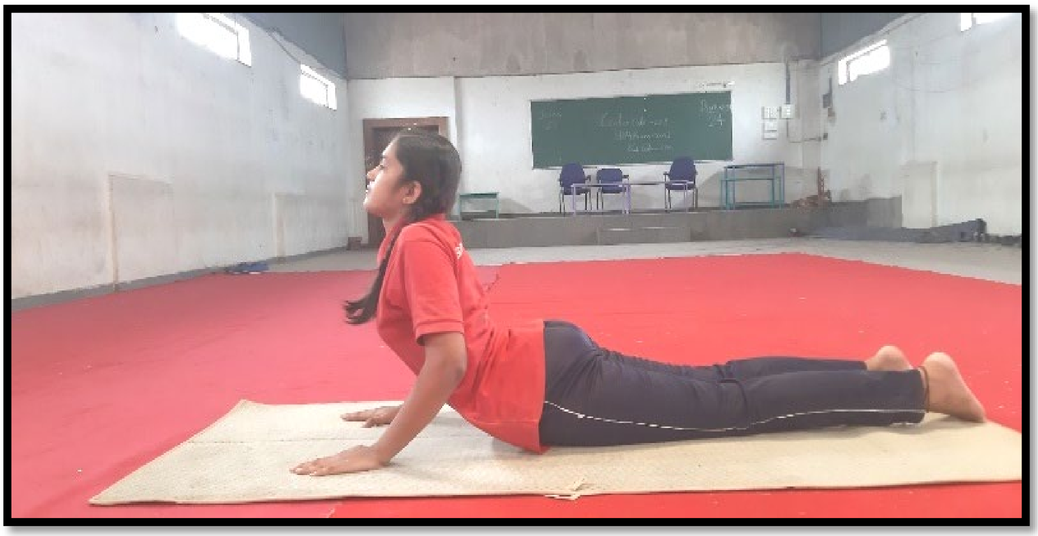


Plate-XIV Subject Performing the Bhujangasana

Procedure

- Start by laying on your stomach and putting your forehead on the floor.
- Your feet can be together or hip width apart.
- Keep your toes pressed firmly against the floor.
- Keep your elbows close to your body and place your hands beneath your shoulders.
- Throughout the position, keep your shoulder blades drawn back and down.
- Stabilize your lower back by drawing your pubic bone toward the floor and pressing your feet firmly on the floor.
- Inhale again and begin to elevate your chin and chest off the floor. Remember to keep your chest open and avoid putting all of the weight on your hands. Maintain a little bend in the elbows and engage the back muscles. Take off your hands from the floor to check your comfort and maintainable height.
- Keep your shoulders relaxed.
- Lower yourself back to the ground with an exhalation.
- Inhale up into the cobra and exhale to the floor for 2-3 rounds. Hold for two to three full breaths and bring yourself back down.Rest on the floor for a few breaths.

Benefits

- Strengthens the spine's health, strength, and mobility.
- Stretches out your neck, shoulders, chest, lungs, and abdomen.
- Functioning of abdominal organs is improved.
- Benefits include relief from menstruation and other disorders of the female reproductive system.
- Helpful for those suffering with back pain, slipped disc, sciatica, and cervical spondylitis.

Dhanurasana

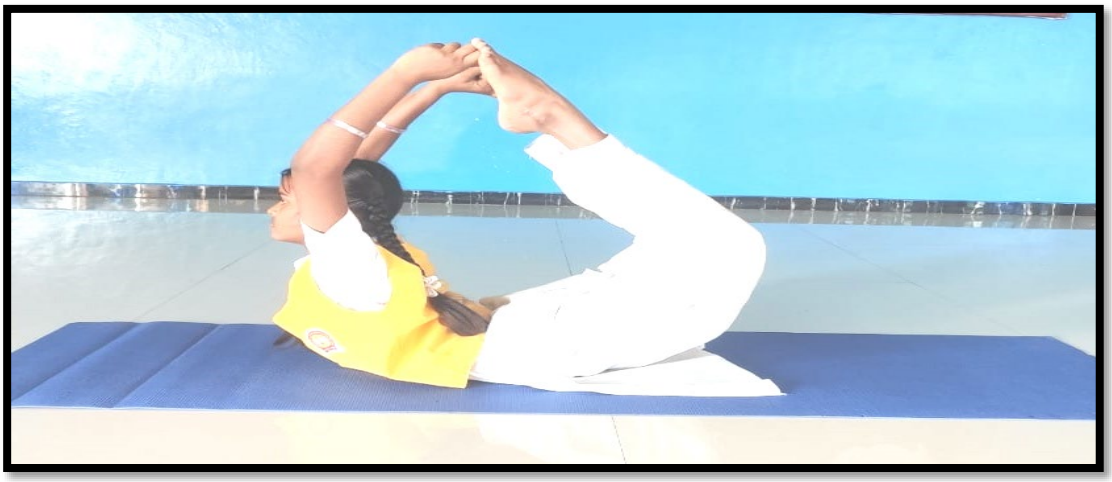


Plate-XV Subject Performing the Dhanurasana

Procedure

- Lie flat on your stomach.
- Bend your back and arrange yourself like a bow while holding both of your feet with your hands.
- As much as you can, carefully pull your both feet apart.
- Look straight ahead with a smile on your face.
- Hold the posture firmly while focusing on your breath.
- Release your legs and chest to the ground as you exhale after 10-20 seconds and relax.

Benefits

- Dhanurasana simultaneously strengthens the back and abdominal.
- Keeps you active and energetic.
- It helps to releivestomachdisorders.
- Bow Pose helps in the reduction of belly fat.
- Women's reproductive system is improved and menstruation problems are alleviated.
- Regulates the pancreas and is suggested for people suffering with diabetes.
- Expands the thoracic area of the chest
- Useful to releive hunchback
- Stimulates the appetite.

Shalabhasana

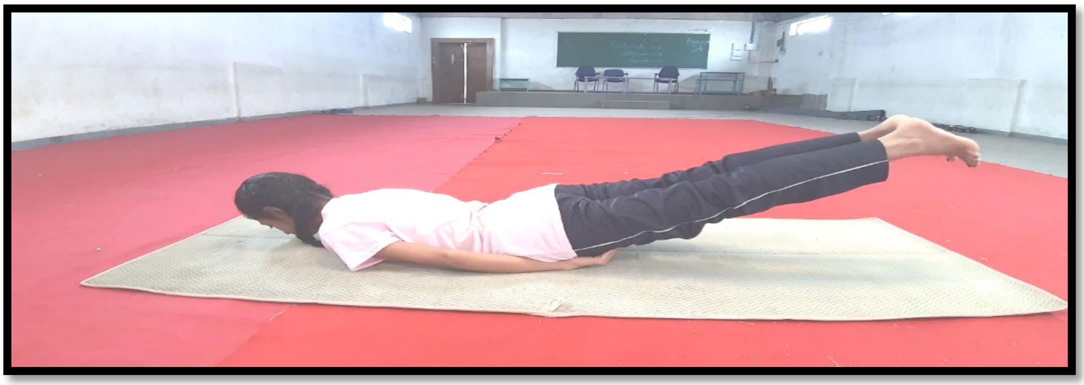


Plate-XVI Subject Performing the Dhanurasana

Procedure

- Make sure your hands are placed behind the thighs while laying down on your stomach.
- Take a deep breath in and raise your right leg; (your leg should not bend at the knee).
- Your chin should be resting on the ground.
- Hold this posture for ten to twenty seconds.
- Exhale and bring your leg back to the starting position.
- Repeat the movement with your other leg.
- This should be done at least five to seven times.
- Inhale and lift both legs when the left leg has been completed (Your legs should not bend at the knees; lift your legs as much as you can).
- Repeat the process with both legs two to four times.

Benefits

- It is useful in all the disorders at the lower part of the spine.
- The most useful for back pain and sciatica.
- Ideal for reducing belly, waist, hip, and thigh fat.
- Cervical spondylitis and spinal cord disorders can be alleviated with regular practice of this asana.
- Wrists, hips, thighs, legs, buttocks, lower abdomen, and diaphragm are strengthened.
- Toughens the back muscles.

Administration of tests

Psychological Variables

Stress Test

Plate-XVI Subject Performing the Stress questionnaire

Student stress scale by Z. Akhtar this 51 item scale is developed on 13 to 17 year and measures the stress among the students.

Procedure

- A five-point scale questionnaire with 51 stress-related issues was prepared.
- All the students who met all of the criteria for the needed sample were selected and then approached.
- The selected respondents were requested to perform the test.
- The respondents were asked to come at a calm state and have total concentration.
- The respondents were given knowledge and were provided with an explanation about the test.
- The respondents were asked to solve the questionnaires.
- After the data were collected from respondents, assurance of the secrecy of their choice was given to them.
- After this data were evaluated with the help of mathematical analysis and the dominant stressor was found out.

- The conclusions of the test were drawn and the result was discussed with the help of graphical representation.

Scoring

The scoring of the test – There are total of 51 items in the student stress scale & each one of them comes with a choice between “always,’““often,’““sometimes,’““rarely,’‘and “never.‘ In order to get a numerical result from the exam, these five options have been scored. There is a five-point rating system in place from never to always, and therefore the scores range from 1 to 5. Hence a large sum is used to demonstrate the indicator's strength (i.e., its high occurrence) and vice versa. A score of 5-1 was assigned to some negative items, with scores ranging from Never to Always. The student stress scale would range from 255 (maximum) to 51 (minimum). Hence, the student stress scale has a range of 51-255.

Anxiety test

Plate-XVIISubject responding, the response to the Anxiety questionnaire

Student Anxiety scale by **A.K.Singh**this the maximum possible score of this test is 20. Scales is developed on 13 to 16 years and measures the anxiety among the students.

Procedure

- The students should be asked to sit comfortably, and a rapport should be established by having a conversation with them.
- Researcher and students should read the guidelines printed on the test silently.
- They should raise their hand if they have any questions about guidelines provided. The solution is neither right nor wrong.
- The test does not have a time limit. It takes an average of 10 to 15 minutes for a student to complete the test.
- The researcher should assure the students that their answers would always remain confidential and make every possible to obtain the sincere cooperation.

- The test materials should be collected as soon as the students are done with their work.

Scoring

This test has a maximum score of 20. Each item of the Anxiety scale for Children is scored as +1 or 0. Items may be classified as either positive or negative. All positive items which are endorsed by the subjects as ‘yes’ and all negative items No, 4,9,16, and 18 which are endorsed by the subjects as ‘no’, are given a +1 score. All other answers get a mark of 0 (zero). Hence, high score on the test indicates high anxiety and low score indicates low anxiety.

Motor Fitness Variables

Agility

Burpee Test

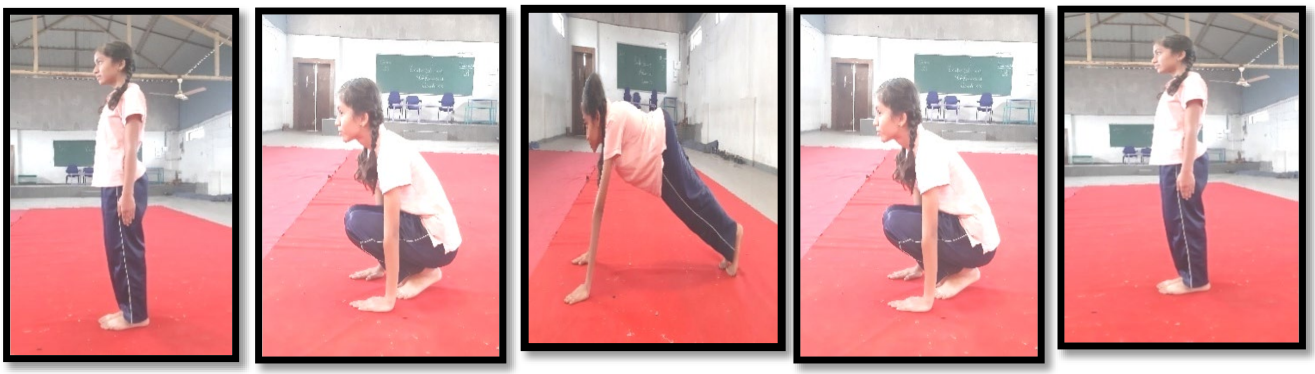


Plate-XVIII Subject Performing the Burpee Test

Purpose

The goal of this experiment was to **examine** how quickly a subject could change the body position.

Equipment Required

Measuring tape, stop watch.

Procedure

From Starting point begin by kneeling down, placing your hands on the floor in front of your feet, and then pushing your legs back to a resting position. Come back to squat position keeping your hands on the floor in front of your feet once you've done this, you should be ready to stand up.Repeat this movement until the stop signal was given.

Scoring

The number of parts that were executed in 10 seconds. The first step is to realise and place your hands on the floor; the second step is to push your legs backward; the third step is to return to a squat rest posture; and the fourth step is to stand back up. Three trials were given and the best among the three trials was recorded as the score.

Balance

Stork Balance Stand Test

Plate-XIX Subject Performing the Stork Balance Stand Test

This test requires the subject to stand on one leg for as long as possible.

Purpose

To assess the ability of balance on one leg.

Equipment required

Flat, non-slip surface, a stopwatch, and a piece of paper and a pencil.

Procedure

Remove your shoes and keep your hands on the hips. The non-supporting foot should rest on the inside of the supporting leg's knee. One minute is allotted for the subject to practice their balance. The subject elevates the heel in order to keep their balance on the ball of their foot. As soon as the heel is lifted off the ground, the stopwatch is started. If any of the following happens, the stopwatch is stopped.:

- The hand(s) come off the hips
- The supporting foot swivels or moves (hops) in any direction
- The non-supporting foot loses contact with the knee.
- The heel of the supporting foot touches the floor.

The following table indicates the subject's balance performance:

Rating	Score (Second)
Excellent	>50
Good	40-50
Average	25-39
Fair	10-24
Poor	<10

Scoring: The total time in second is recorded. The is the best of three attempts.

Power

Standing Broad Jump

Plate-XX Subject Performing the Standing Broad Jump

The Standing Broad Jump, or the Standing Long Jump, is one of the most frequent and easy to administer explosive leg power.

Purpose

To measure the leg's explosive power.

Equipment Required

An outdoor jumping pit with sand, measuring tape and lime powder.

Procedure

- The subject stands with feet slightly apart from the line marked on the ground.
- A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward momentum.
- The goal is to jump as far as possible and land on both feet without plunging backwards.
- Three attempts are permitted.

Scoring

- The measurement is taken from take-off line to the nearest point of contact on the landing (back on the heels).
- Record the longest distance jumped, best among the three attempts.

Reaction time

The Nelson hand reaction test

Plate-XXI Subject Performing the Nelson hand reaction test

Purpose

To measure the speed of reaction with the hand in response to a visual stimulus

Equipment required

50 centimetre scale with a concentration Zone was marked at 20 centimetres of scale, chair and table.

Procedure

The subject was made to sit on chair with her forearm and hand resting on table. Thumb and forefinger tips were held approximately 10 centimetres beyond the edges of thumbs in a ready posture, while the index finger was held horizontally. The scale was held at top, by keeping it in between the subject's thumb & index finger with the base line. Even with the upper surface, the thumb. It was instructed to gaze at a 20-centimeter-high black shaded area and to catch the scale when it was released, by squeezing the thumb and index finger.

Scoring

When the scale was released and caught by the subject, the score was read just above the upper edge of the thumb in centimetres. The score of the subjects were average of 10 trials.

Statistical Technique

As per the objectives of the research studies following statistical tools were used: Mean, SD, and ANCOVA to find out differences between Yogic Exercises group I and Control group II.

CHAPTER- IV

ANALYSIS OF INTERPRETATION OF DATA

The purpose of this study was to find out the effects of **Impact of Yogic Exercises on Psychological and Motor Fitness of School Children**. **(Some case studies from Vijayapura district Karnataka)**There were 80 school children from Vijayapura district, Karnataka state between the ages of 12 and 16 who were chosen as subjects for this research study.. Two groups of participants were formed. Group I considered as Yogic Exercise group and Group II considered as Control group.

Sixteen weeks of Yogic Exercises training was given to Group I. Sixty minutes of training each day, for a total of sixteen weeks of training was allowed for the experimental groups. The control group did not participate in the training programme other than their routine work.

Pre and Post-test, data was collected on psychological and motor fitness variables, and the results are shown in the following tables.

Table No 4.1 Computation of Analysis of Covariance of Experimental and Control Groups Stress

Type of test	Parameters	Experimental group	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio
Pre-test	Mean	31.1750	31.6750	BG	5.000	1	5.000	0.119
	SD	4.326	6.26094	WG	3266.550	78	41.879	
Post- test	Mean	6.43528	31.8500	BG	3187.813	1	3187.813	107.735
	SD	4.24326	4.24559	WG	2318.075	78	29.719	
Adjusted Post test	Means	27.850	35.000	BG	430.449	1	430.449	12.634
	SD	8.18829	6.30901	WG	2623.439	77	34.071	

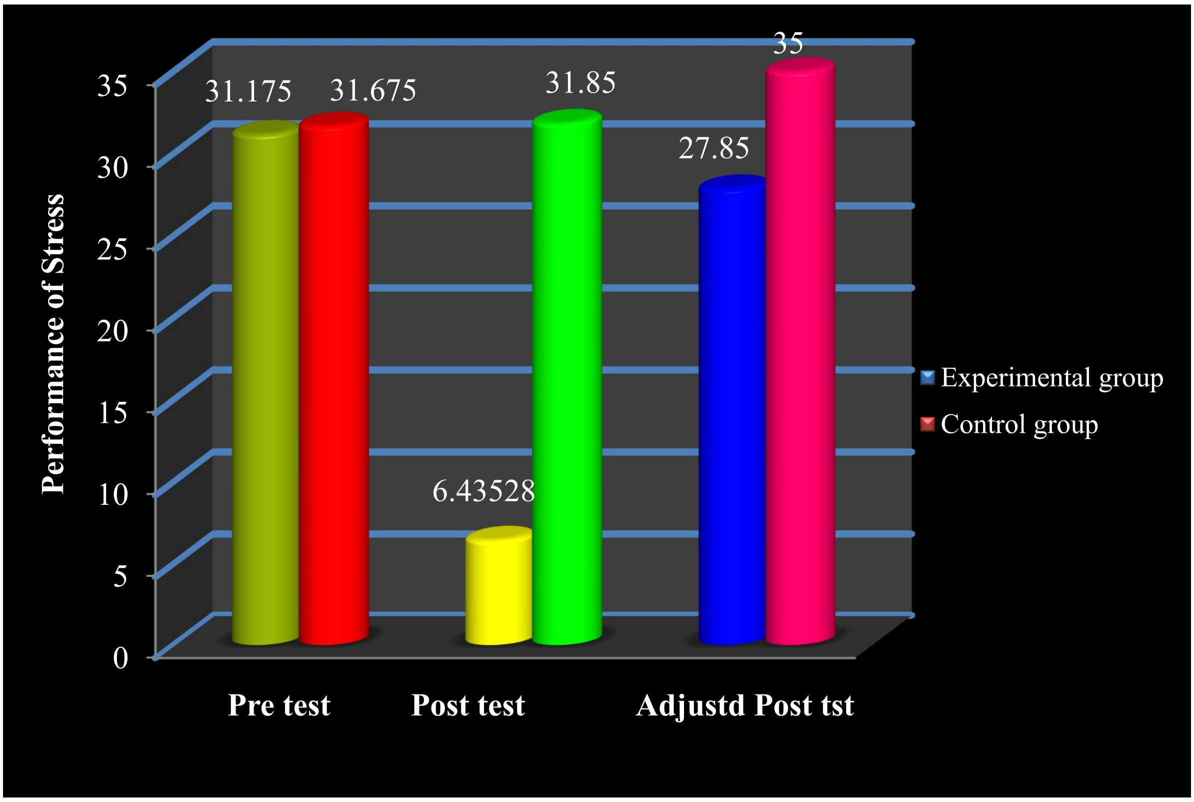
The level of Significant is 0.05 = table value 2.72

The mean pre-test stress levels for the Experimental and Control groups are 31.1750 and 31.6750, respectively. The F ratio is 0.119. This reveals thatthere was no statistical difference in stress levels between the experimental and control groups before commencement ofyogic exercise training. It appears that the random selection of subjects for the two groups was successful..

The mean post-test stress levels for the Experimental and Control groups' are6.43528 and 31.8500, respectively. The F ratio is 107.735. 27.850 And 35.000, respectively, are the adjusted post-test means of the experimental and control groups. 12.634 is the F ratio. Results indicate that calculated values in post-test and adjusted post-test are higher than table value. Post-Test stress is less than the Pre-Test stress performance indicating significant improvement. These are significant differences on stress between Experimental group and Control group.

The Stress performance has been displayed in figure 4.1(a).

Figure 4.1(a) Pre test, Post test and adjusted Post test Performance of Stress



As shown in Figure 4.1 (a), it indicates the post-test values of Experimental group and adjusted post-test significantly reduced the Stress and improved Stress performance and also the post-test value of Stress was lesser than the pre-test value indicates due to 16 weeks of yogic Exercises training. The Control group's pre and post-test Stress values, indicates no improvement.

Table No 4.2Computation of Analysis of Covariance of Experimental and Control Groups Anxiety

Type of test	Parameters	Experimental group	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio
Pre-test	Mean	56.5750	56.1750	BG	3.200	1	3.200	0.014
	SD	14.99553	14.81664	WG	17331.55	78	222.199	
Post test	Mean	44.6500	56.2250	BG	2679.613	1	2679.613	17.365
	SD	14.78649	9.23358	WG	11852.075	78	151.950	
Adjusted Post test	Means	44.789	56.086	BG	2552.006	1	2552.006	56.388
	SD	13.7514	14.70761	WG	3484.884	77	45.258	

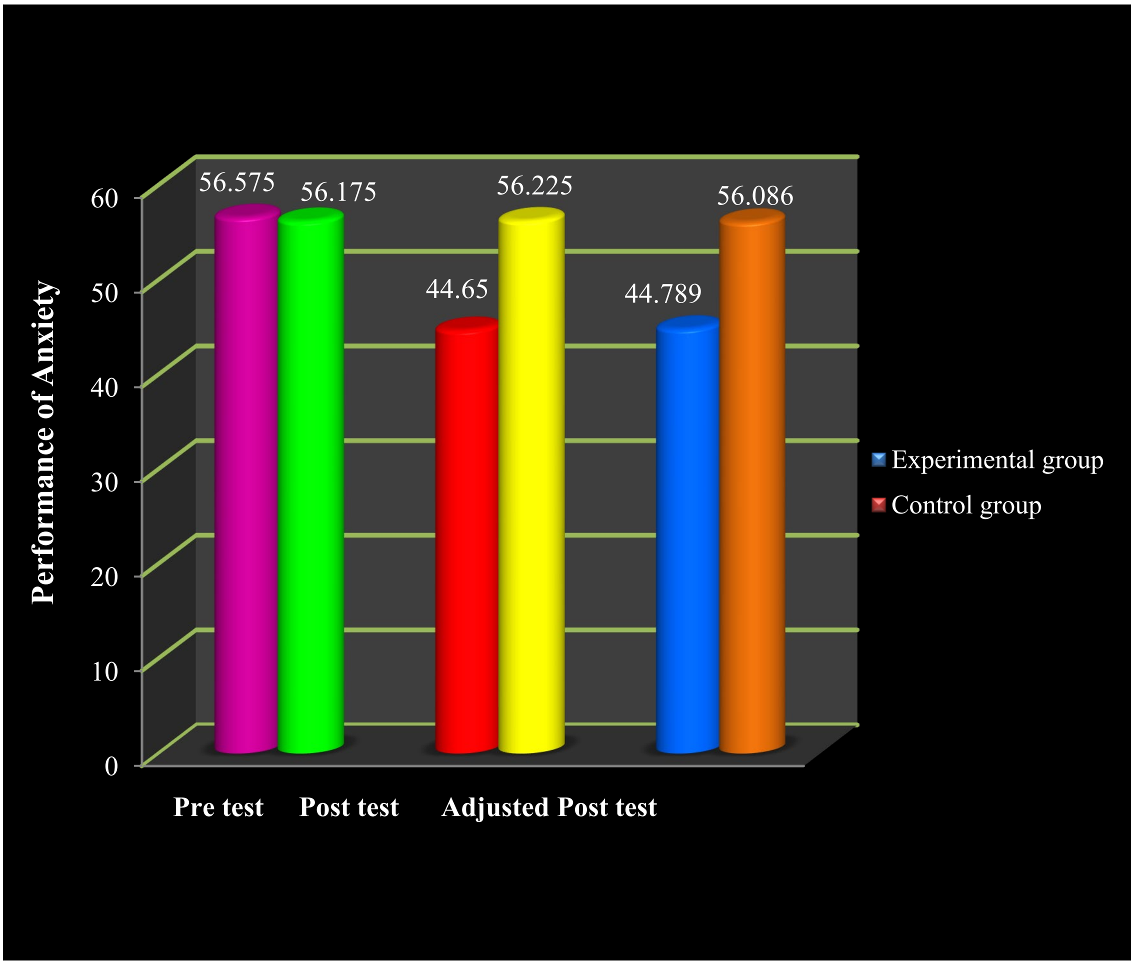
The level of Significant is 0.05 = table value 2.72

The mean pre-test anxiety levels for the Experimental and Control groups are56.5750 and 56.1750, respectively. The F-ratio is 0.014. This reveals that there was no statistical difference in anxiety levels between the experimental and control groups before commencement of yogic exercise training. It appears that the random selection of subjects for the two groups was successful..

The mean post-test anxiety levels for the Experimental and Control groups are 44.6500 and 56.2250, respectively. The F ratio is 17.365. 44.789 and 56.086, respectively, are the adjusted post-test means of the experimental and control groups. 56.388is the F ratio. Results indicate that calculated values in post-test and adjusted post-test are higher than table value. Post-Test anxiety is less than the Pre-Test anxiety level indicating significant improvement. These are significant differences on anxiety between Experimental group and Control group.

The Anxietyperformance has been displayed in figure 4.2 (b).

Figure 4.2 (b) Pre test, Post test and adjusted Post test Performance of Anxiety.



As shown in Figure 4.2 (b), it indicates the post-test values of Experimental group and adjusted post-test significantly reduced the anxiety and improved anxiety performance and also the post-test value of anxiety was lesser than the pre-test value indicates due to 16 weeks of yogic Exercises training. The Control group's pre and post-test anxiety values, indicates no improvement.

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Table No 4.3 Computation of Analysis of Covariance of Experimental and Control Groups on Agility

Type of test	Parameters	Experimental group	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio
Pre-test	Mean	21.1500	21.5000	BG	2.450	1	2.450	0.031
	SD	8.76634	9.12028	WG	6241.10	78	80.014	
Post test	Mean	35.0250	21.3750	BG	3726.45	1	3726.45	48.4087
	SD	8.21658	9.29761	WG	6004.35	78	76.979	
Adjusted Post Test	Means	35.160	21.240	BG	3873.52	1	3873.52	129.248
	SD	10.90783	9.15111	WG	2304.45	77	29.928	

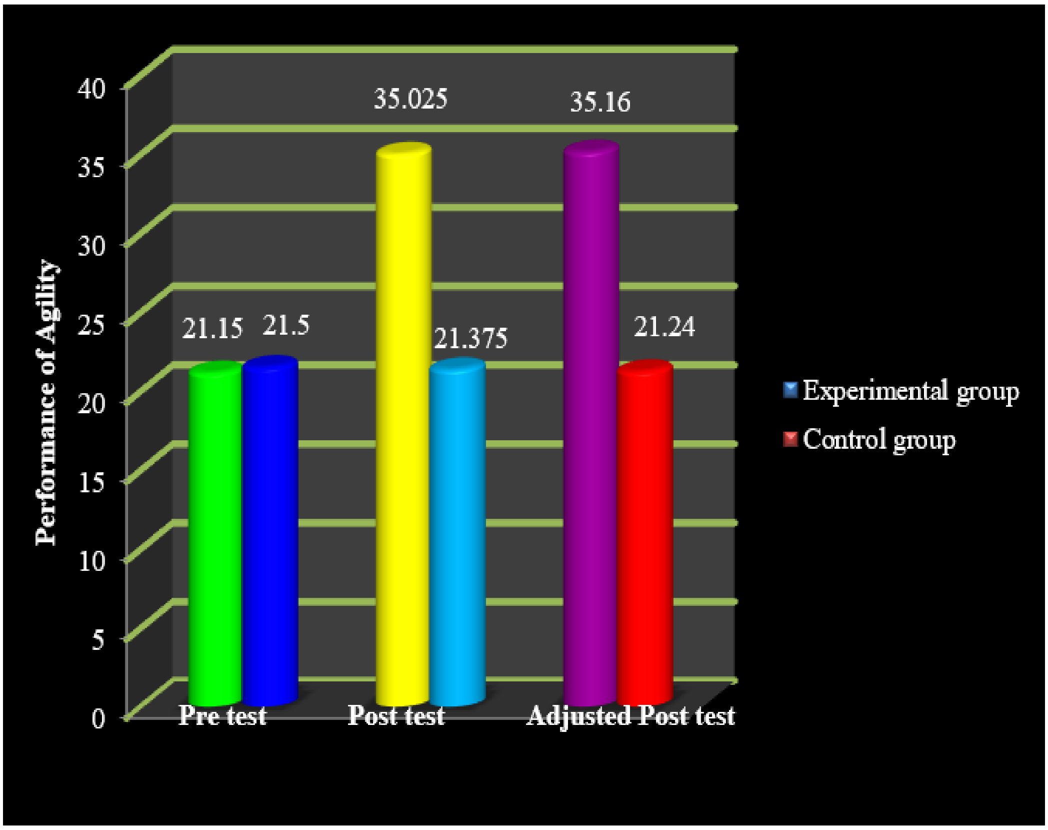
The level of Significant is 0.05 = table value 2.72

The mean pre-test agility for the Experimental and Control groups are 21.1500 and 21.5000, respectively. The F ratio is 0.031. This reveals that there was no statistical difference in agility between the experimental and control groups before commencement of yogic exercise training. It appears that the random selection of subjects for the two groups was successful..

The mean post-test agility for the Experimental and Control groups are35.0250 and 21.3750, respectively. The F ratio is 48.4087. 35.160 and 21.240, respectively, are the adjusted post-test means of the experimental and control groups. 129.248 is the F ratio. Results indicate that calculated values in post-test and adjusted post-test are higher than table value. Post-Test agility is greater than the Pre-Test agility performance indicating significant improvement. These are significant differences on agility between Experimental group and Control group.

As shown in Figure 4.3, the Agility Performance (c).

Figure 4.3(b) Pre test, Post test and adjusted Post test Performance of Agility.



As shown in Figure 4.3 (c), it indicates the post-test values of Experimental group and adjusted post-test significantly improved the agility and improved agility performance and also the post-test value of agility was greater than the pre-test value indicates due to 16 weeks of yogic Exercises training. The Control group's pre and post-test agility values, indicates no improvement.

Table No4.4 Computation of Analysis of Covariance of Experimental and Control Groups on Balance.

Type of test	Parameters	Experimental group	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio
Pre-test	Mean	14.8000	12.6750	BG	22.313	1	22.313	1.770
	SD	4.03955	2.98189	WG	983.175	78	12.605	
Post test	Mean	30.4000	12.2750	BG	6570.312	1	6570.312	178.095
	SD	2.85538	8.10128	WG	2877.575	78	36.892	
Adjusted Post Test	Means	31.024	11.651	BG	6874.741	1	6874.741	208.532
	SD	10.10276	2.90775	WG	2538.479	77	32.967	

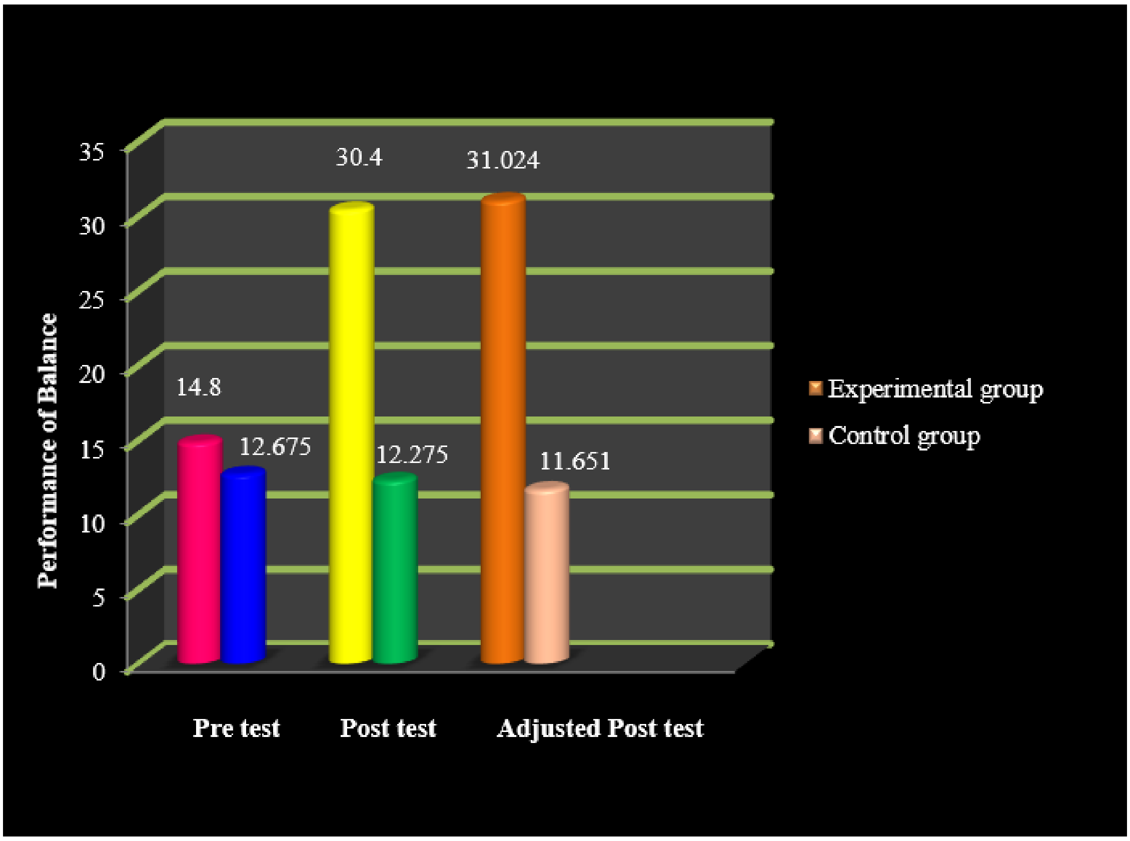
The level of Significant is 0.05 = table value 2.72

The mean pre-test balance for the Experimental and Control groups are 14.800 and 12.6750, respectively. The F ratio is 1.770. This reveals that there was no statistical difference in balance between the experimental and control groups before commencement of yogic exercise training. It appears that the random selection of subjects for the two groups was successful..

The mean post-test balance for the Experimental and Control groups are30.4000 and 12.2750, respectively. The F ratio is 178.095. 31.024 and 11.651, respectively, are the adjusted post-test means of the experimental and control groups. 208.532 is the F ratio. Results indicate that calculated values in post-test and adjusted post-test are higher than table value. Post-Test balance is greater than the Pre-Test balance performance indicating significant improvement. These are significant differences on balance between Experimental group and Control group.

Figure 4.4 shows the Balance Performance (d).

Figure 4.4 (b) Pre test, Post test and adjusted Post test Performance of Balance.



As shown in Figure 4.4 (d), it indicates the post-test values of Experimental group and adjusted post-test significantly improved the balance and improved balance performance and also the post-test value of balance was greater than the pre-test value indicates due to 16 weeks of yogic Exercises training. The Control group's pre and post-test balance values, indicates no improvement.

Table No4.5 Computation of Analysis of Covariance of Experimental and Control Groups on Reaction time.

Type of test	Parameters	Experimental group	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio
Pre-test	Mean	19.7000	16.1750	BG	122.43	1	122.43	2.004
	SD	8.73601	6.41268	WG	4580.175	78	58.720	
Post test	Mean	37.4500	15.6250	BG	9526.613	1	9526.613	142.317
	SD	5.15248	10.36006	WG	5221.275	78	66.939	
Adjusted Post Test	Means	37.454	15.621	BG	9042.277	1	9042.277	133.350
	SD	13.05468	5.78649	WG	5221.256	77	67.809	

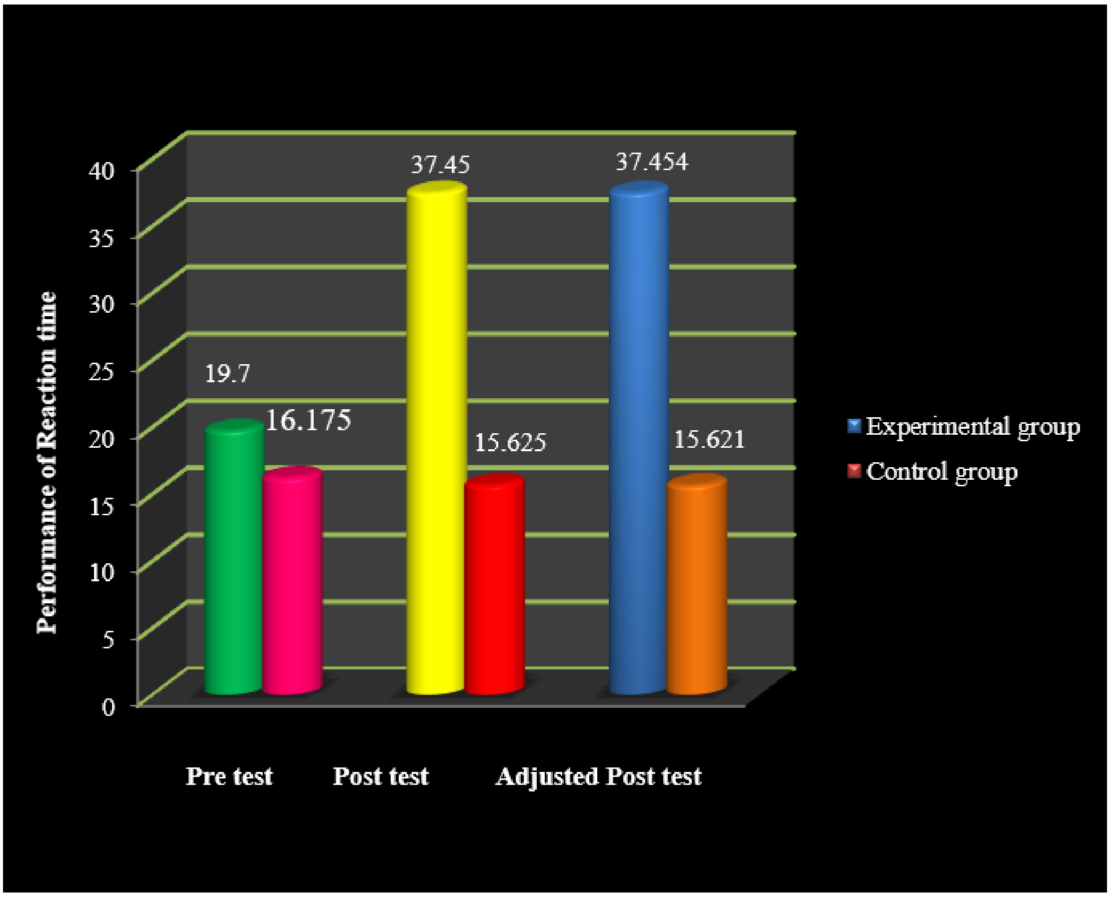
The level of Significant is 0.05 = table value 2.72

The mean pre-test reaction time for the Experimental and Control groups are 19.700 and 16.1750, respectively. The F ratio is 2.004. This reveals that there was no statistical difference in reaction time between the experimental and control groups before commencement of yogic exercise training. It appears that the random selection of subjects for the two groups was successful..

The mean post-test reaction time for the Experimental and Control groups are37.4500 and 15.6250, respectively. The F ratio is 142.317. 37.454 and 15.621, respectively, are the adjusted post-test means of the experimental and control groups. 133.350 is the F ratio. Results indicate that calculated values in post-test and adjusted post-test are higher than table value. Post-Test reaction time is greater than the Pre-Test reaction time performance indicating significant improvement. These are significant differences on reaction time between Experimental group and Control group.

Figure 4.5 depicts the Reaction time Performance (e).

Figure 4.5 (b) Pre test, Post test and adjusted Post test Performance of Reaction time.



As shown in Figure 4.5 (e), it indicates the post-test values of Experimental group and adjusted post-test significantly improved the reaction time and improved reaction time performance and also the post-test value of reaction time was greater than the pre-test value indicates due to 16 weeks of yogic Exercises training. The Control group's pre and post-test reaction time values, indicates no improvement.

Table No4.6Computation of Analysis of Covariance of Experimental and Control Groups on Power.

Type of test	Parameters	Experimental group	Control group	Source of variance	Sum of the Squares	Df	Mean squares	F Ratio
Pre-test	Mean	143.8000	139.8250	BG	16.32	1	16.32	1.939
	SD	2.15073	3.49276	WG	656.175	78	8.412	
Post test	Mean	185.1750	140.0250	BG	40770.450	1	40770.450	986.152
	SD	3.76548	8.27690	WG	3224.750	78	41.343	
Adjusted Post test	Means	186.009	139.191	BG	29589.270	1	29589.270	732.798
	SD	21.53195	3.61002	WG	3109.142	77	40.378	

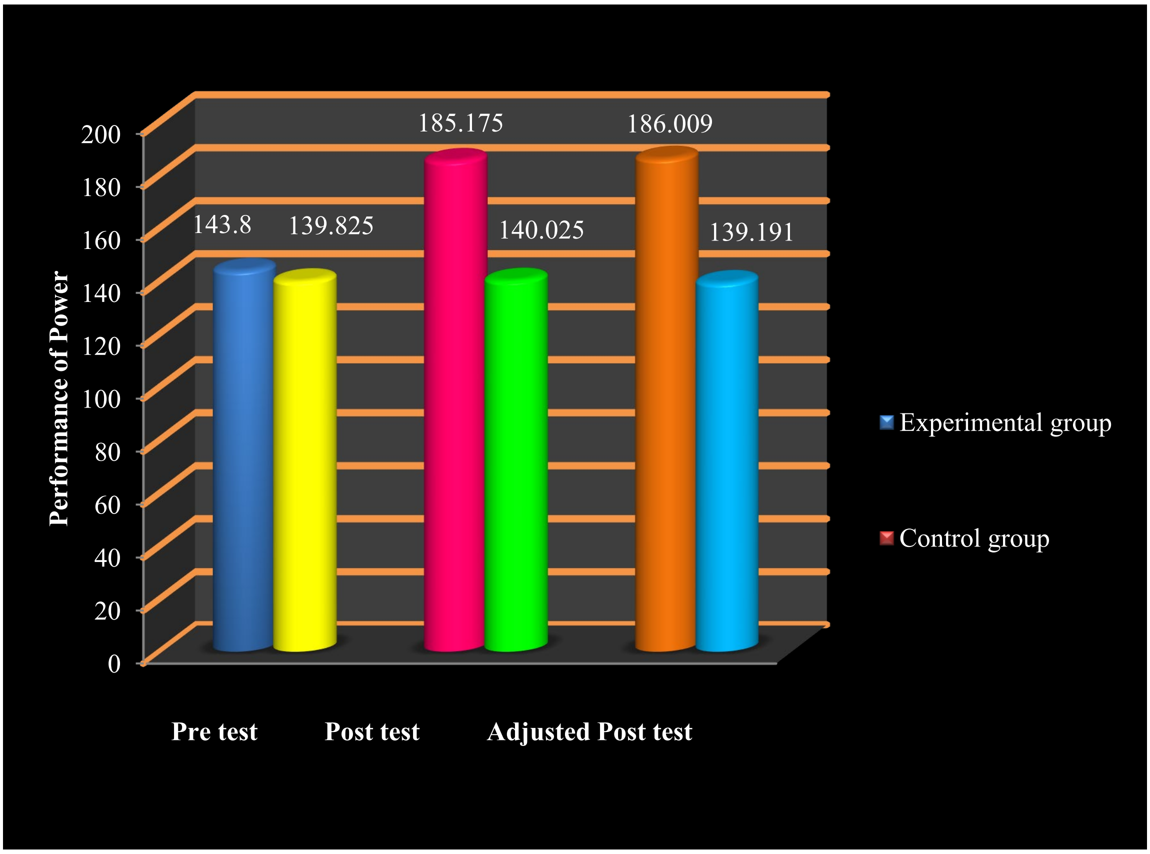
The level of Significant is 0.05 = table value 2.72

The mean pre-test power for the Experimental and Control groups are 143.8000 and 139.8250, respectively. The F ratio is 1.939. This reveals that there was no statistical difference in power between the experimental and control groups before commencement of yogic exercise training. It appears that the random selection of subjects for the two groups was successful..

The mean post-test power for the Experimental and Control groups are185.1750 and 140.0250, respectively. The F ratio is 986.152. 186.009 and 139.191, respectively, are the adjusted post-test means of the experimental and control groups. 732.798 is the F ratio. Results indicate that calculated values in post-test and adjusted post-test are higher than table value. Post-Test power is greater than the Pre-Test power performance indicating significant improvement. These are significant differences on power between Experimental group and Control group.

Figure 4.6 depicts the power performance of the engine. Figure 4.6 (f).

Figure 4.6(f) Pre test, Post test and adjusted Post test Performance of Power.



As shown in Figure 4.6 (f), it indicates the post-test values of Experimental group and adjusted post-test significantly improved the power and improved power performance and also the post-test value of power was greater than the pre-test value indicates due to 16 weeks of yogic Exercises training. The Control group's pre and post-test power values, indicates no improvement.

Discussion of Findings

For the goal of this study, 16 weeks of Yogic Exercise Training for schoolchildren was investigated. The result of the study indicates tremendous improvement Stress, Anxiety Agility, Balance, Reaction time and Power.

The results of the Yogic Exercises training indicate the subjects' levels of stress were drastically decreased. The Results of the study is justified with following studies.

- The study conducted by**Katzman (2012)** the age group of 18 to 65 years has revealed similar Results.
- The study conducted by **Shenbagavalli and Divya (2010)** the age group of 20 to 30 years has revealed similar results.
- The study conducted by**Gupta, Khera, Vempati, Sharma, and Bijlani (2006)** the age group of 19 to 76 years has revealed similar Results.

The Result of the Yogic Exercises training indicates significant improvement on the Anxiety of the subjects. The Results of the study is justified with following studies.

- The study conducted by**Padmadevi (2007)** the age group of 17 to 21 years has revealed similar Results.
- The study conducted by**Katzman et al. (2012)** the age group of 18 to 65 years has revealed similar Results.
- The study conducted by**Ray et al. (2001)** the age group of 20 to 25 years has revealed similar Results.
- The study conducted by **Senthil Kumar (2012)** in the age group of 18 to 24 years has revealed similar Results.
- The study conducted by**Gupta, Khera, Vempati, Sharma, and Bijlani (2006)** the age group of 19 to 76 years has revealed similar Results.

The Result of the Yogic Exercises training indicates significant improvement on the Agility of the subjects. The Results of the study is justified with following studies.

- The study conducted by **Lohan and Dolly (2007)** in the age group of 12 to 16years has revealedsimilar results.
- The study conducted by **Senthil Kumar (2012)** in the age group of18 to 24 years has revealedsimilar results.
- The study conducted by **Prince, F.D. (2012)**in the age group of14 to 17 years has revealedsimilar results.
- The study conducted by **Ramesh, et al. (2007)** in the age group of12 to 15 years has revealedsimilar results.
- The study conducted by **Vijayalakshmi and Jayobal's (2013)** in the age group of13 to18 years has revealedsimilar results.

The Result of the Yogic Exercises training indicates significant improvement on the Balance of the subjects. The Results of the study is justified with following studies.

- The study conducted by **Fillmore et al, (2004)** the age group of 5 to 8 years has revealed similar Results.
- The study conducted by**O. Uger, and N.V. Yagh (2011)** the age group of 30 to 45 years has revealed similar Results.
- The study conducted by**L.B. John Walsakom, (2000)** the age group of 10 to 15 years has revealed similar Results.
- The study conducted by**Dr.Baljinder Singh Bal, Dr.Wilfred Vaz (2011)**the age group of 12to 16 years has revealed similar Results.

The Result of the Yogic Exercises training indicates significant improvement on the Reaction time of the subjects. The Results of the study is justified with following studies.

- The study conducted by**L.B. John Walsakom, (2000)** the age group of 10 to 15 years has revealed similar Results.
- The study conducted by**Madan Mohan (1992)** the age group of 18 to 21 years has revealed similar Results.

The Result of the Yogic Exercises training indicates significant improvement on the Power of the subjects. The Results of the study is justified with following studies.

- The study conducted by **Lohan and Dolly (2007)**in the age group of 12 to 16 years has revealed similar Results.
- The study conducted by **Senthil Kumar (2012)** in the age group of 18 to 24 years has revealed similar Results.
- The study conducted by**Gaurav Vishaw(2011)** in the age group of 18 - 24 years has revealed similar Results.
- The study conducted by**Lohan and Rajesh (2002)** in the age group of 12-16years has revealed similar Results.

Discussion of Hypothesis

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Psychological and Motor Fitness Variables for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Stress for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Anxiety for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Agility for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Balance for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Reaction time for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

The research hypothesis statement stated that 16 weeks of yogic Exercises training improves the performance of the Power for School Children. The Hypothesis is accepted because, Research hypothesis agrees with the Results.

CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

SUMMARY

The study's goal was to investigate into the "Impact of Yogic Exercises on Psychological and Motor Fitness Variables of School Children."(Some case studies from Vijayapura district Karnataka)80school children from a high school in the Vijayapura district of Karnataka were chosen at random to participate in this study. Among the subjects, the ages ranged between 12 to 16 years. The subjects were split into two groups, Experimental group & Control group. Each group consists of 40 subjects: Yogic Exercise Group 1 and Control Group 2 respectively.

During the different types of Yogic Exercises period, Group I – Experimental group underwent their respective Yogic Exercise Training, per week 6 days training programme.. Yogic Exercises training lasted for about 60 minutes including warm up and cool down exercises. Group II - Control group did not involve in any specific training. However, they participated in their regular yogic Exercises training.

The significance of difference in performance on psychological and motor fitness variables between the yogic exercises group and the control group among selected Vijayapura District school children. An analysis of covariance (ANOVA)is done. Stress, anxiety, agility, balance, reaction speed, and power were all found to differ significantly at the 0.05 level among the various groups tested. When the "F" ratio was found to be significant, an adjusted ANOVA test was used to identify which of the compared means differed significantly; significance level was fixed at 0.05 levels.

Conclusions

Based on the results, the following conclusion where drawn.

It was concluded that, the Yogic Exercise group showed significant improvement than the control group in terms of stress, anxiety, agility, balance, reaction time, and power.

It was also concluded that Yogic exercise group significantly reduced the Stress when compared with the control group.

It was also concluded that Yogic exercise group significantly reduced the Anxiety when compared with the control group.

It was also concluded that Yogic exercise group, were significantly improved on Agility when compared with the control group.

It was also concluded that Yogic exercise group, were significantly improved on Balance when compared with the control group.

It was also concluded that Yogic exercise group, were significantly improved on Reaction time when compared with the control group.

It was also concluded that Yogic exercise group, were significantly improved on Power when compared with the control group.

Recommendation

The following recommendations have been made based on the findings of the conclusions:

- In the present study, it was concluded that systematic training of Yogic exercise would produce positive change on Psychological and motor fitness variables among School children. These types of exercise programmes may be recommended to the School children to improve their health and fitness.
- A comparable study might be replicated using various training intensities and durations than those used in the current study.
- Similar studies may be conducted for School children at various level of participation such as College, State and National level to find out their fitness and performance and also to enhance the research knowledge.
- A similar study might be carried out on men.
- A similar study might be carried out on different variables.
- Similar study might be conducted on rural, urban and semi-urban schoolboys and girls, as well.

- A similar study might be conducted with Biochemical variables.
- A similar study might be carried out for 6 weeks & 10 weeks.
- A similar study might be carried out for different age groups.
- Aerobic activity, Pilates exercise, or an exercise regimen that has both aerobic and callisthenic components might be used in a comparable study.

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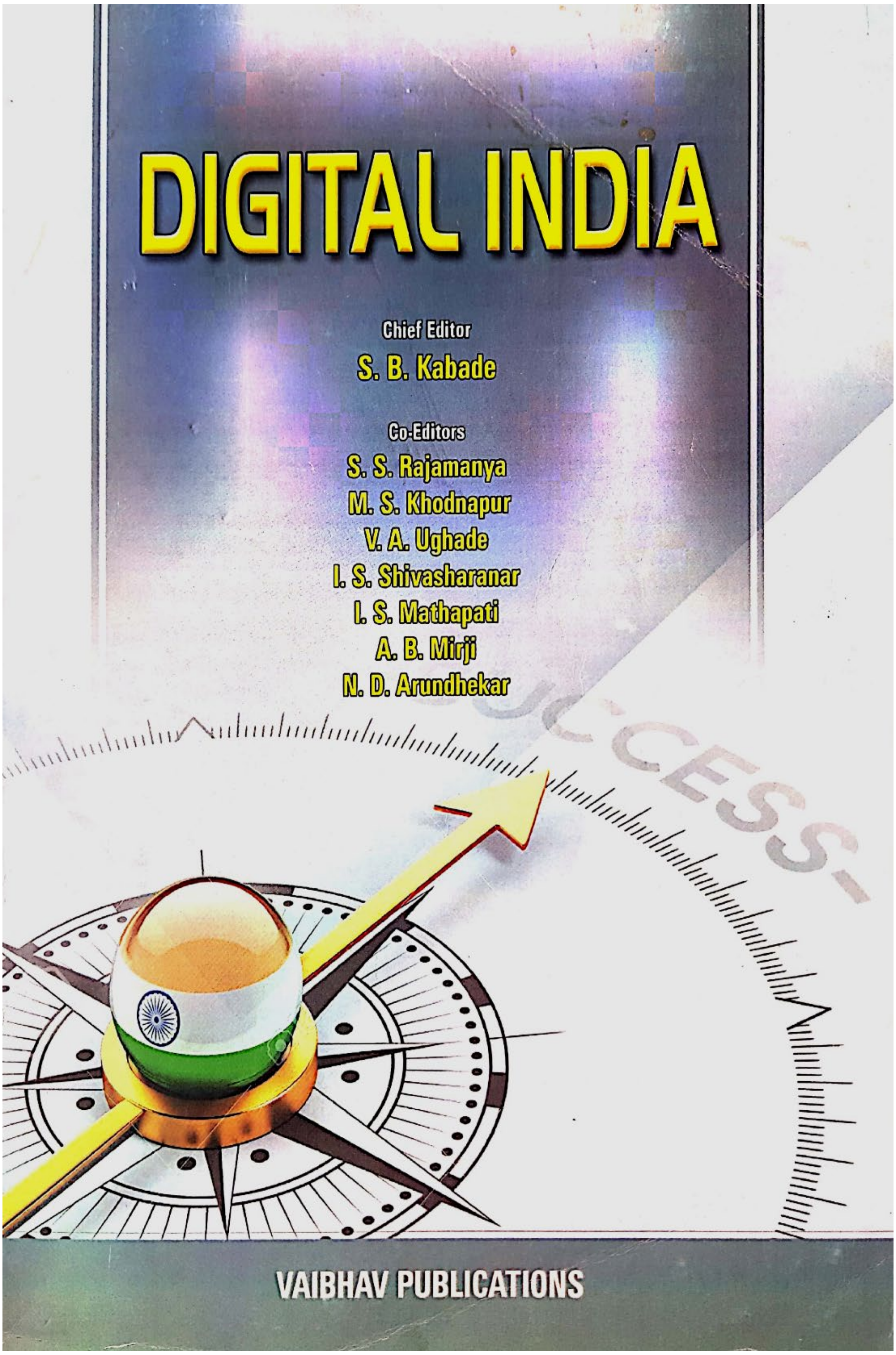
APPENDIX-I

RESEARCH PAPERS PRESENTED IN THE INTERNATIONAL AND NATIONAL CONFERENCES PUBLISHED BOOKS

- One Day National seminar on “Digital India” organized by Government First Grade College, Vijayapur-586101.Departmnt of Commerce and Management and Department of PG Studies in commerce in Coordination with IQAC collaboration on 8th April 2019. Presented a paper on the title, **“Yoga Poses for Reducing Hypothyroidism”.**
- International Virtual Conference on “Digital Teaching, Training & Coaching - An Approach to Physical Education & Sports Sciences, Organized by Government First Grade College, K G F - Kolar - Karnataka. & Smt. G.B. Ankalkoti Govt. First Grade College, Shiggaon – Haveri Karnataka. Collaboration with International Federation of Physical Education, Fitness and Sports Science Association International Journal of Health, Physical Education and Computer Science in Sports A Peer Reviewed (Refereed) International Research Journal - ISRA Journal Volume 39 • Issue 1, Page No.247-249, ISSN 2231-3265,22nd and 23rd August 2020, Impact Factor 7.217, Published Paper on**“Impact of Yogic Exercises on aggression of School Children”.**



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Yoga Poses for Reducing Hypothyroidism

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Abstract

Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives. The branch of Yoga that forms the main focus of my teaching work with both adults and children is called Hatha Yoga. Hatha Yoga begins by working with the body on a structural level, helping to align the vertebrae, increase flexibility, and strengthen muscles and connective tissue.

The thyroid is part of the endocrine system, which is made of glands that produce, store, and release hormone into the bloodstream and body's cells. This thyroid gland is best described as a butterfly shaped organ located in the base of your neck. The released thyroid hormones (T3 and T4) have numerous roles to play when it comes to maintaining your body's metabolism and regulating vital body functions, including breathing, heart rate, body weight, muscle strength, menstrual cycles, body temperature, nervous system, cholesterol levels and much more!

It is thus important that the thyroid hormone levels are not too high or too low. The imbalance or thyroid disease can cause the thyroid gland to be underactive or not secrete enough hormones into your blood, resulting in hypothyroidism or slowing down of bodily functions.

Keywords: Yoga, Hypothyroidism, Viparita Karani, Sarvangasana, Ustrasana, Setu Bandhasana, Halasana, Matsyasana, Dhanurasana and Bhujangasana.

Introduction

India is the land of yogis and the origin of yoga. Data suggests that it is dated to the Indus Valley Civilization (3300-1900BCE) and pre-Vedic India. Yoga has earned global ratification as a pioneering tool to health and wellness since the end of the19th century. Postural yoga, asanas, and pranayama have been recommended by medical professionals to alleviate medical conditions. Thyroid disorders are quite common in people all across the world. The thyroid is a small gland in the throat which secretes hormones. Hormones secreted by the thyroid gland are responsible for the body's metabolism, temperature and growth. There are basically two kinds of thyroid disorders: hypothyroidism and hyperthyroidism. While the former is characterized by the thyroid gland being unable to produce enough thyroid hormones, the latter occurs as a result of the thyroid gland releasing too much hormones. Yoga asanas are considered to be an effective natural remedy for dealing with thyroid disorders. While it may not be able to cure the condition instantly, it can help in keeping the glands healthy and regulate metabolism, thereby preventing any further complications. A [illegible] stated that 6 months of intense yoga helped women with hypothyroidism and reduced their need for thyroxine medication.

Anxiety, irritability or moodiness, nervousness, hyperactivity, sweating or sensitivity to higher temperatures, hand trembling, shaking, hair loss, missed or light menstrual cycles, increased bowel movement, unintentional weight loss and fatigue, are some of the most known symptoms of an overactive thyroid gland.

Here are a few yoga asanas which can help in effectively reducing hypothyroidism. These yoga poses can help in strengthening muscles and also reducing effects of hypothyroidism on the body. People suffering from hypothyroidism should

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Research Article

Impact of yogic exercises on aggression of schoolchildren

Mahadevi Wali

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ABSTRACT

Yoga is one of the most popular fitness practices around the world, and there is a reason why this ancient form is such a rage even today. Yoga is a spiritual practice that has nothing to do with religion. To put it simply, yoga is the act of harmonising your body, mind and soul. Yoga has been mistaken as a product of Hinduism, just because it took birth in the same region as the religion. Yoga is about complete transformation - physically, psychologically and spiritually. This means, that yoga has the power to transform your mind, body and soul. The Purpose of the study was to find out "Impact of Yogic Exercises on Aggression of School Children". To achieve this purpose 30 school children in the age group ranging from 14 to16 years studying in Adarsh English Medium High School, Vijayapura, Karnataka State were selected randomly as subjects. The following Yogic Exercises training were selected for 6 weeks of training for 30 subjects. Criterion variable Psychological Variable was selected measured by using Aggression. It was used for pre -test and post –test. The result shows that the 6 weeks of Yogic Exercises training develops Aggression Performance. Yogic Exercises training develops Aggression Performance.

Keywords: Yogic exercises training, Padmasana, Vajrasana Tadasana, Vrikshasana Shavasana, Naukasana Makarasana, Bhujanagasana and Aggression

INTRODUCTION

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word "Yoga" is derived from the Sanskrit root "Yuj," meaning "to join" or "to yoke" or "to unite." As per Yogic scriptures, the practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind and body, man and nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana, or moksha. Thus the aim of yoga is self-realization, to overcome all kinds of sufferings leading to "the state of liberation" (Moksha) or "freedom" (Kaivalya). Living with freedom in all walks of life, health, and harmony shall be the main objectives of yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny.

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Methodology

The procedure adopted in the present research work is related to the selection of subjects, selection of variable, selection of test, and statistical technique involved in the study.

Selection of Subjects

The purpose of the study was to find out "IMPACT OF YOGIC EXERCISES ON AGGRESSION OF SCHOOLCHILDREN." To achieve this purpose, 30 subjects in the age group ranging from 14 to 16 years studying in Adarsh English Medium High School, Vijayapura, and Karnataka State were selected randomly as subjects. The following yogic exercises were selected for 6 weeks of training for 30 subjects. Criterion variable psychological variable was selected measured using aggression. It was used for pre-test and post-test.

Selection of Variable

Independent Variable

Yogic Exercises

- Padmasana, Vajrasana Tadasana, Vrikshasana Shavasana, Naukasana Makarasana, and Bhujanagasana

Dependent Variable

Psychological Variable

- Aggression

Selection of Test

The test item and measurement

S. No	Test item and tool	Variable	Criterion measurement
1.	Questionnaire developed by Mathur and Raj Kumari Bhatnagar	Aggression	As per the standard questionnaire

Statistical Techniques

Standard devotion was used to find out a significant mean difference in pre-test and post-test scores of different groups with respect to each parameter. Standard devotion was used to find out the significant mean, "*t*" value difference of two groups with respect to each parameter.

The statistical analysis was carried out with the help of the Software Package of the Social Science 15.0 versions for SPSS packages.

Analysis and Interpretation of Data

The aim of the research work was to find out the "Impact of Yogic Exercises on Aggression of Schoolchildren". For the purpose of the research study, 30 subjects in the age group of 14–16 years belonging to the student of Adarsh English Medium High School, Vijayapura, and Karnataka State were selected as subjects for the present study. The subjects were divided into two groups. Group I treated as yogic exercises group, Group II was considered as a control group.

Table 1: The pre-test and post-test for yogic exercises experimental group on aggression performance

Variable	Test	N	Mean	SD	*t*-value
ession	Pre-test	15	148.5500	3.95867	16.483*
	Post-test	15	95.7500	12.82463	

The level of significance 0.05 = Table value = 1.96

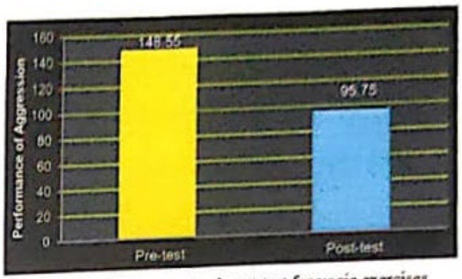

Figure 1: The pre-test and post-test for yogic exercises experimental group on aggression performance

Pre- and post-test data were gathered on aggression and the same as described in the following table.

Table 1 indicates that the "*t*" value is the more than the table value that is 1.96; hence, it is significant.

The pre-test mean value is 148.5500 and the post-test mean value is 95.7500. The post-test mean value is less than pre-test mean value. Is shows significant improvement in the aggression performance of schoolchildren owing to the 6 weeks yogic exercises the same as displayed in Figure 1a.

Figure 1a clearly indicates that the 6 weeks yogic exercises performance is drastically improved the aggression performance of the subjects.

SUMMARY

The purpose of the study was to investigate the "Impact of Yogic Exercises on Aggression of Schoolchildren." The researcher selected aggression for the physiological variable. Six weeks of yogic exercises were given to 30 subjects before training; the researcher conducted pre-test performance on the psychological variable. The performance of the pre-test was recorded. After the 6 weeks of yogic exercises, the post-test performance was recorded on aggression performance. The result of the post-test performance indicates significant improvement.

CONCLUSION

Six weeks of yogic exercises have shown significantly reduced on aggression of subjects.

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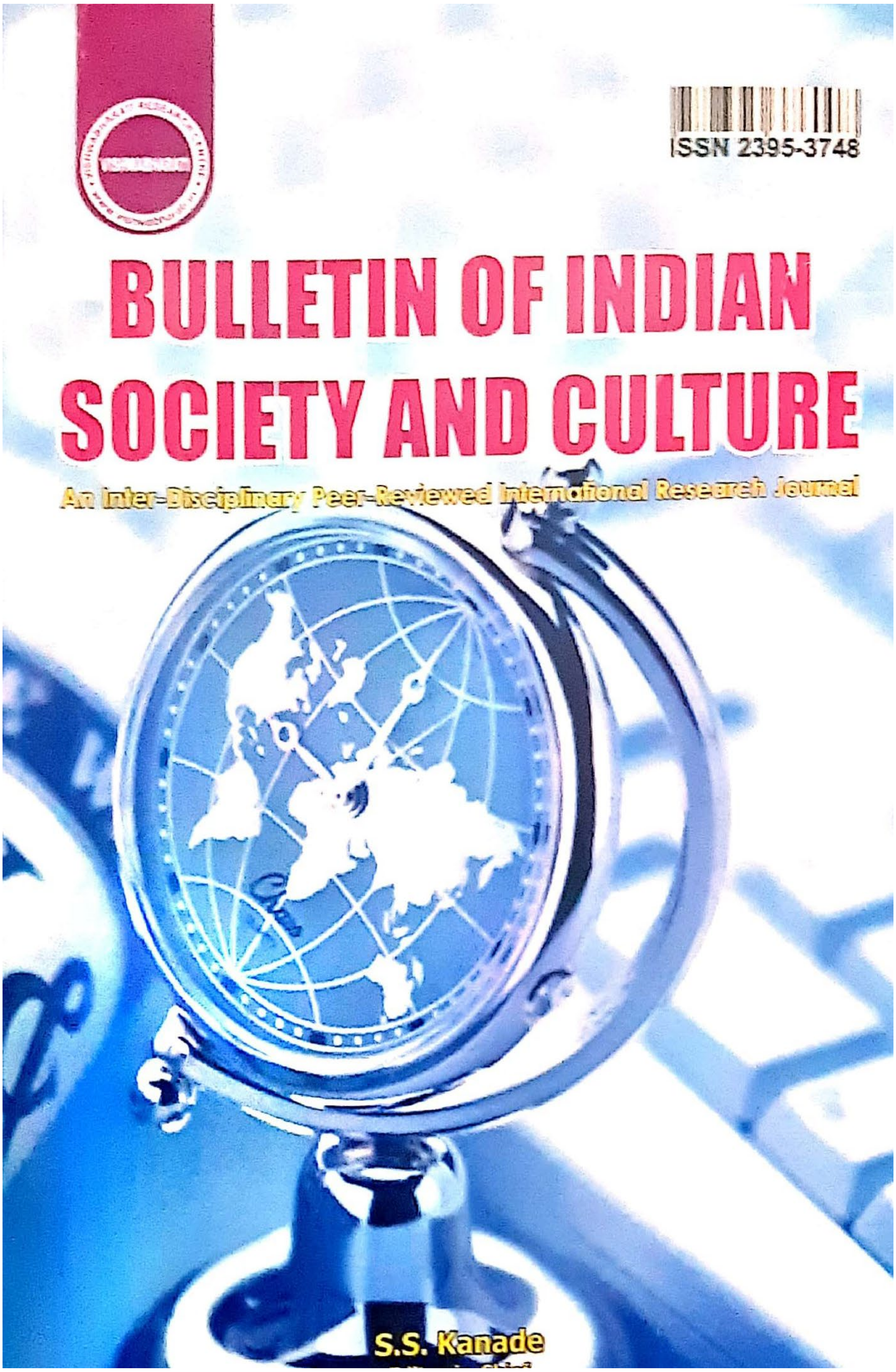
APPENDIX-II

RESEARCH PAPERS PUBLISHED IN THE NATIONAL AND INTERNATIONAL JOURNALS/BOOKS

- Bulletin of Indian Society and Culture an Inter-Disciplinary peer-Reviewed International Research Journal Vol 6 Issue 3,Page No.52-65, ISSN No 2395-3748 Published Paper on "**Yogic Exercise to Improve Body Balance".**
- Asian Journal of Physical Education & Computer Science in Sports A Peer Reviewed (Refereed) International Research Journal Vol.20 No.1,Page No.135-139, impact Factor-4.171, ISSN 0975-7732 Published Paper on **"Impact of Asanas on Motor Fitness Component of School Children"**
- Compliance Engineering Journal An UGC-CARE Approved Group – A Journal and Peer Reviewed International Research Refereed Journal Vol.10, ISSUE 11, November-2019, Page No: 441-497, ISSNo.0898-3577 Published Paper on **"Impact of Yogic Exercises on Agility of School Children".**
- Compliance Engineering Journal an UGC-CARE Approved Group – A Journal and Peer Reviewed International Research Refereed Journal Vol.11, ISSUE 6, November-2020, Page No: 367-373, ISSNo.0898-3577 Published Paper on **"Impact of Yogic Exercises on Power of School Children".**
- Compliance Engineering Journal an UGC-CARE Approved Group – A Journal and Peer Reviewed International Research Refereed Journal Volume 11, Issue 12, December 2020, Page No:337-342, ISSN NO: 0898-3577 Published Paper on **"The Effect of Yogasana on physiological Changes among college Students"**



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Yogic Exercise to Improve Body Balance

Dr. Mahadevi Wali & Prof. N. Chandrappa

Abstract:

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and scince of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Balance is not something we think much about in our daily lives, but as we age, it becomes incredibly important to have good balance to prevent falls and injuries. Improved balance can also help in yoga practice, in other physical activities, and in daily life.

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Keywords: Yogic exercises, *Tadasana* , Vrksasana, Natarajasana and Balance.

Introduction:

Yoga is a spiritual science of self-realisation. It comes from India and goes back over five thousand of years. The Indian sage Pantajali, in his Yoga sutras defines yoga as the control of the activities of the mind. Yoga methods encompass the entire field of our existence, from the physical, emotional and mental to the spiritual. Its methods include ethical disciplines, physical postures, breath control, as well as meditation.

Classical yoga as defined by Patanjali is an eight stages process of spiritual development (the eight limbs of yoga). The first two stages are ethical disciplines (Yamas and Nyamas). Then come postures (Asanas in Sanskrit) and breathing exercises (Pranayama). The last four limbs are meditative stages: control of the sense (Prathyara), concentration (Dharana), meditation (Dhyana) and enlightenment (Samadhi).

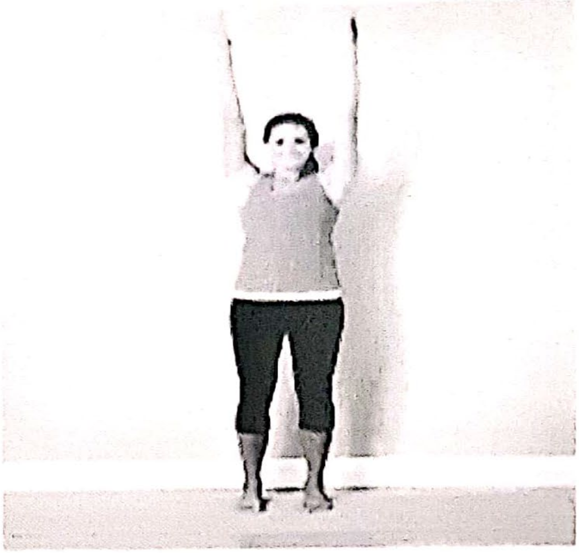
There are many yoga poses that help us improve our balance and equilibrium. Some balance poses we do on our feet, others on our hands, or even our head. All of these balance poses benefit us in many different ways, but they have some things in common. Balance poses offer us both physical and mental benefits. Physically, we strengthen and elongate our muscles, get to know our center of gravity and how to align ourselves, improve the function of the equilibrium receptors in the body, and learn the important yoga principle of rooting down.

Yogic Exercise to Improve Body Balance:

1. Tadasana (Mountain Pose):

Tadasana mountain pose is a basic position that also serves between one position and another to take breath and bring heart beat back to normal.

The word tadasana in Sanskrit is divided between tada which means "mountain" and asana "pose", Tadasana therefore can translate it literally "Mountain pose".



Procedure:

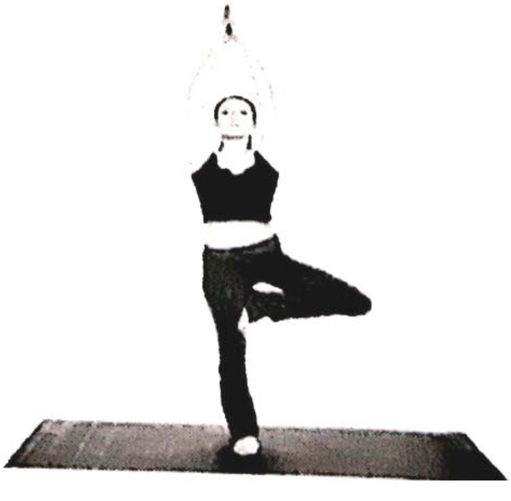
- Standing on the mat with the feet parallel to each other, spread them apart by about 15 centimeters.
- Keep the arms relaxed by both sides.
- Put the palms of the hands in front of the chest and lift them upwards very slowly, until the arms are completely extended above head.
- Keep the palms of hands slightly separated from each other and facing one another.
- Stretch the chest shoulders and arms as far as possible upwards.
- Keep palms and fingers relaxed
- Relax the shoulders muscles, stretch neck and keep it aligned with the spine.
- At this point keep it until are able to sustain the effort normally without forcing too much.
- To exit from the position put the arms down slowly preventing hands from touching each other.

Benefits of Tasasana:

- Corrects the posture
- Tones abdominal muscles, relieving constipation and facilitates digestion.
- Stretches all muscles of the back and cartilaginous disks between the vertebrae.
- Relaxes the nervous system by favoring a balanced physical and mental development.
- Strengthens the arms and enhances flexibility of the entire body.
- Expands greatly the chest, increasing lung capacity and the cleanliness of the bronchi, therefore this asana is recommended for those who suffer from asthma or chronic bronchitis.
- Reduces fatigue.
- Increases the bio-magnetic energy at level of the palms of hands and the torso.

2. Vrksasana (Tree Pose):

Vrikshasana has taken from Sanskrit word Vrska. It comprises two words Vriksh means tree and asana indicating towards a Yogic posture. "Stand erects on the left leg, bend right leg and place on right foot on the root of right thigh. Maintain the pose like as a tree on the ground. This is called vriksha-asana"



Procedure:

- Stand erect. Keep the feet together.
- Fold one right leg and placed it at the top of left thighs with the toes of right leg should pointed downwards.
- The right leg should perpendicular to the left leg.
- Extend the arms above head.
- Inhale and try to make Namaskar mudra with the palms.
- Balance the pose as long as can because balancing is utmost important in Tree pose.
- Try to make the spine straight and feel the stretching from toes to fingers.
- With deep exhale bring arms and leg down.
- Repeat the same with left leg. It completes one round.
- Do three-five rounds.
- No. of rounds may increase as per convenience.

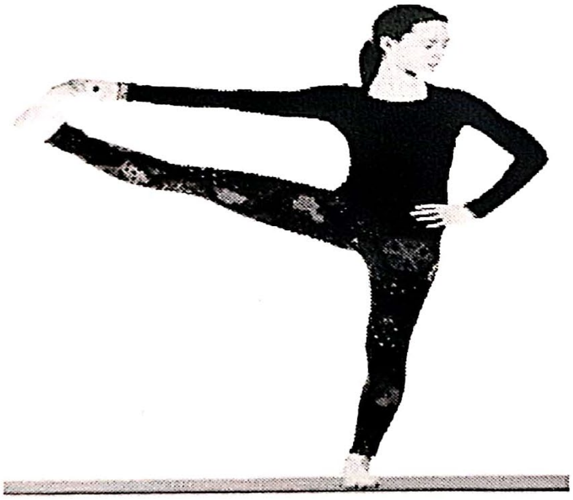
Benefits of Vrksasana:

- It stretches the entire body from toes to fingers, thus invigorates.
- It increases stamina, concentration and immunity.
- It is good for the hips as it helps to open it.
- It is beneficial for those who are experiencing sciatica. But one should practice it under the supervision of a yoga expert.
- It enhances the flexibility of legs, back and chest muscles.
- It makes the ankle stronger.
- It strengthens thighs and calves.
- It gives suitable stretching to the groins.
- Person suffering from flat feet should practice it.
- It makes more focused and concentrated.
- It is also good for pelvic region.

- It develops esteem and self-confidence.
- It calms and relaxes the central nervous system.
- It helps to cure rheumatic pain and also treats numbness.

3. Utthita Hasta Padangusthasana (Extended Hand-to-Big-Toe Pose):

Utthita Hasta Padangusthasana needs more flexibility in legs, so before performing this Asana, try other basic leg stretching Poses first. In this pose, have to raise the leg in forwarding direction or to hand's side direction and grab the thumb of foot and maintain the balance. Utthita Hasta Padangusthasana is a Sanskrit word; in which Utthita stands for extended, Pada represents the foot and the meaning of Angustha is a Big toe.



Procedure:

- First get into the position of Tadasana, keep the left knee in the direction of belly.
- Now reach left arm inward to thigh and cross it over the front ankle. After doing this have to hold the outside of left foot (they have tight hamstrings then hold a strap loop around left sole).

- Keep front thigh muscles of the standing leg strong along with keeping outer thigh in an inward direction.
- Breathe in and expand left leg forward.
- Now, have to straighten the knee as much as can. After that swing the left leg out to the side. Breathe normally and try to maintain balance. Breathing helps to balance.
- Remain in the pose around 30 seconds; breath out and down leg to the floor. Repeat the same process with alternate leg.

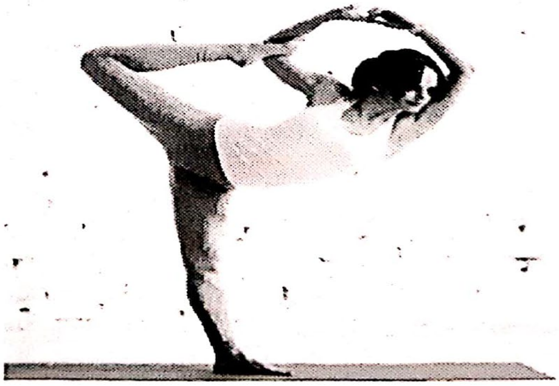
Benefits of Utthita Hasta Padangusthasana:

- Extended Hand-to-Big-Toe Pose strengthens the ankles and legs along with stretches the backs of legs.
- Stretches the adductor muscles of raised leg and hamstrings also.
- This Yoga Pose is good for core.
- Utthita Hasta Padangusthasana is Beneficial for nervous system.

4. Natarajasana (Dancer Pose):

Natarajasana or Lord of the Dance Pose is an asana. Sanskrit: Nata- Dance, Raja- King, Asana – Pose; Pronounced As – nut-ah-raj-AHS-anna.

Nataraja is one of the many names of Lord Shiva. It is his dancing avatar, through which his love for music, dance, and art is depicted. If this asana is done properly, it resembles one of the dancing poses of Lord Shiva. Take a look at everything this asana has to offer.



Procedure:

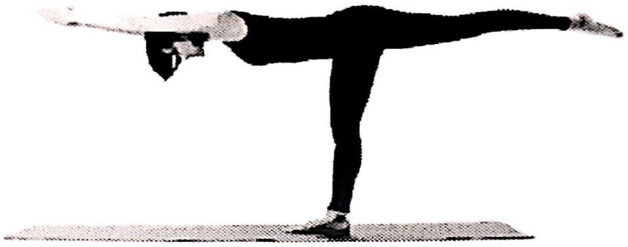
- To begin with, stand in the Tadasana.
- Breathe in, and lift on left foot, such that the heel is placed towards left buttock and knees are bent. Entire body weight must be placed on right foot.
- Then, push the ball of the right thigh bone into the hip joint, and pull the kneecap up so that standing leg is strong and straight.
- Keep the torso upright. Grasp the left foot from the outside with the left hand. Must make sure the lower back is not compressed. So, make sure the pubis is lifted towards the navel. And as do that, press tailbone to the floor.
- Begin to lift the left foot up, away from the floor and back, away from the torso. Extend the left thigh behind and parallel to the floor. Right arm must be stretched forward, such that it is parallel to the floor.
- Hold this pose for about 15 to 30 seconds. Release, and repeat on the other side.

Benefits of the Natarajasana:

- Practicing this asana gives strength to chest, ankles, hips, and legs.
- This asana increases the metabolism and helps in weight loss.
- It gives the groin, abdominal organs, and thighs a good stretch.
- Posture is improved, and balance is increased.
- It helps better the digestion.
- Tend to focus more and are also relieved of stress. This asana calms mind.
- Body becomes flexible.
- Hip flexors are opened up.

5. Virabhadrasana III (Warrior III):

Virabhadra = the name of a fierce warrior, an incarnation of Shiva, described as having a thousand heads, a thousand eyes, and a thousand feet; wielding a thousand clubs; and wearing a tiger's skin.



Procedure:

- Starting Position: Tadasana (Mountain Pose)
- Take a deep inhalation and step the legs 4 to 5 feet apart.
- With an exhalation turn the right foot 90 degree to the right and the left foot 45-60 degree to the right.
- Bend the right knee till the thigh becomes parallel to the floor and perpendicular to shin. The knee must be aligned right over the heel, ensure it doesn't extend beyond the heel.
- Exhale and bend the trunk forward till chest rests on the thigh. Bring arms close to join both of palms. Keep the arms straight. Hold this position for 2 breaths.
- Slowly shift the weight of the body on right leg as lift the left leg off the floor. Simultaneously raise the left leg (keeping it straight) and straighten right leg. The knee of the left leg must face downward. Look either straight or down.
- The whole body except the right leg becomes parallel to the floor in the final position of Warrior 3. Once find balance, stretch the hands forward and leg backward. Retain the pose from 5 to 30 seconds taking deep breaths.

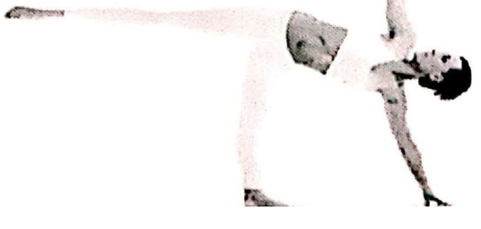
- To come out of the pose, exhale and lower the left leg back onto the floor along with bending the right leg. Practice again from the other side.

Benefits of Virabhadrasana:

- Relieves stiffness in the neck, shoulders and back.
- Reduce stubborn fat from hips.
- Useful for people suffering from sciatica.
- Enhances blood circulation in the body.
- Tones and strengthens knees, thighs and ankles.
- Stimulates abdominal organs and aids digestion.
- Builds stamina; develops a sense of balance and coordination.
- Strengthens the ankles and legs
- Strengthens the shoulders and muscles of the back
- Tones the abdomen
- Improves balance and posture

6. Ardha Chandrasana (Half Moon Pose):

The word "Ardha Chandrasana" is taken from Sanskrit word in which Ardha stands for Half, Chandra represents Moon and the meaning of Asana is the seat, pose or posture. Moon is great symbol according to yoga mythology. In the Human anatomy, Sun and the moon represent the solar energies. The Word Hatha Yoga, in this "Ha" represents solar energies and "Tha" is the symbol of lunar energies. Ardha Chandrasana (Half Moon Pose) looks like the flat edge of a half moon, that's why it named as Half Moon Pose.



Procedure:

- First, come into the pose of Trikonasana on the right side and keep left hand on your left side of the hip.
- After that, inhale, during this gently bent the right knee and try to keep same foot around 12 inches forward along with keeping right hand in forwarding direction and keep it apart from right foot toes.
- Then breathe out and slightly move right hand to the ground or floor. Press the floor with right hand. After that, keep right leg straight. During this raise the alternate leg (left leg) off the floor. Remember that, it's parallel to the ground.
- Now, try to maintain the balance, at that time don't lock right knee. Have to keep knee cap straight and it does not range inwards.
- Bend the upper trunk (torso) heading left, and move left hip part slowly in the straight direction.
- Keep left hand on left side of the hip and head should be in a position of gazing forward.
- Maintain whole body weights on the leg in which are standing on.
- Press the floor by lower hand it will help to gain the balance.
- Make sure firmly push the scapulas and sacrum against the back of torso.
- Ensure you solidly drive the scapulas and sacrum against the back of trunk (torso).
- Remain in the pose for a few seconds. After that put down left leg down to the floor and come to initial position. Repeat the same process on the opposite side.

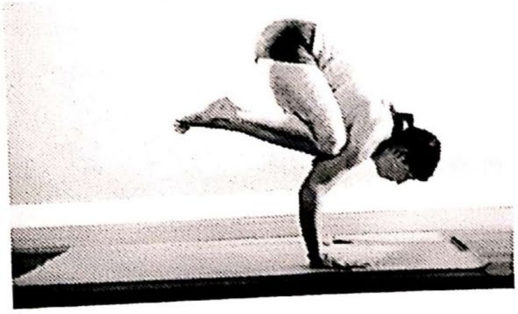
Benefits of Ardha Chandrasana:

- Beneficial in better coordination, increases concentration and balance of body.

- Half Moon Pose is the best stress buster and improves digestive system.
- This Yoga Pose makes the ankles, thighs, buttocks, and spine and core area stronger.
- Ardha Chandrasana lower down lowers back problems.
- It gives calves, hamstrings, chest, shoulders, calves groin, shoulders and spine very good stretch.
- Ardha Chandrasana is Beneficial in menstrual disorders in women and relieves pain in legs.

7. Bakasana (Crane Pose):

This posture literally means the "Crane Pose" (also known as the "Crow Pose"), as mimic a slender bird in its perch. In this posture balance entire body only on palms while legs are lifted and tucked into arms. Knees are in armpits. This may sound simple but this posture is one of the most challenging of yoga exercises



Procedure:

Begin by standing in Mountain Pose (*Tadasana*) with arms at sides. Breathe steadily throughout this pose.

- Bend knees slightly so that can bring palms flat on the floor about shoulder's distance apart.
- Plant palms firmly on the mat about a foot in front of feet. Spread fingers wide and press into the top joint of each finger.

- Bend elbows straight back. Don't bend them into full Chaturanga arms, but head in that direction.
- Come up onto the balls of feet and open knees so that they line up with upper arms.
- Place knees on the backs of upper arms.
- Begin to bring weight forward into hands, lifting head as go.
- Come up onto tiptoes, and then lift one foot and then the other off the floor.
- Hug knees toward the midline.
- Hug feet toward butt.
- To come out, exhale and transfer weight back until feet come back to the floor.

Benefits of Bakasana:

- Strengthens arms and wrists
- Stretches the upper back
- Strengthens the abdominal muscles
- Opens the groins
- Tones the abdominal organs

Conclusion:

Yogic exercises to Improve Balance yogic Exercises like Tadasana, Vrksasana ,Utthita Hasta Padangusthasana, Natarajasana, Virabhadrasana, Ardha Chandrasana and **Bakasana** Practicing of yogic exercises helps to increases Balance.

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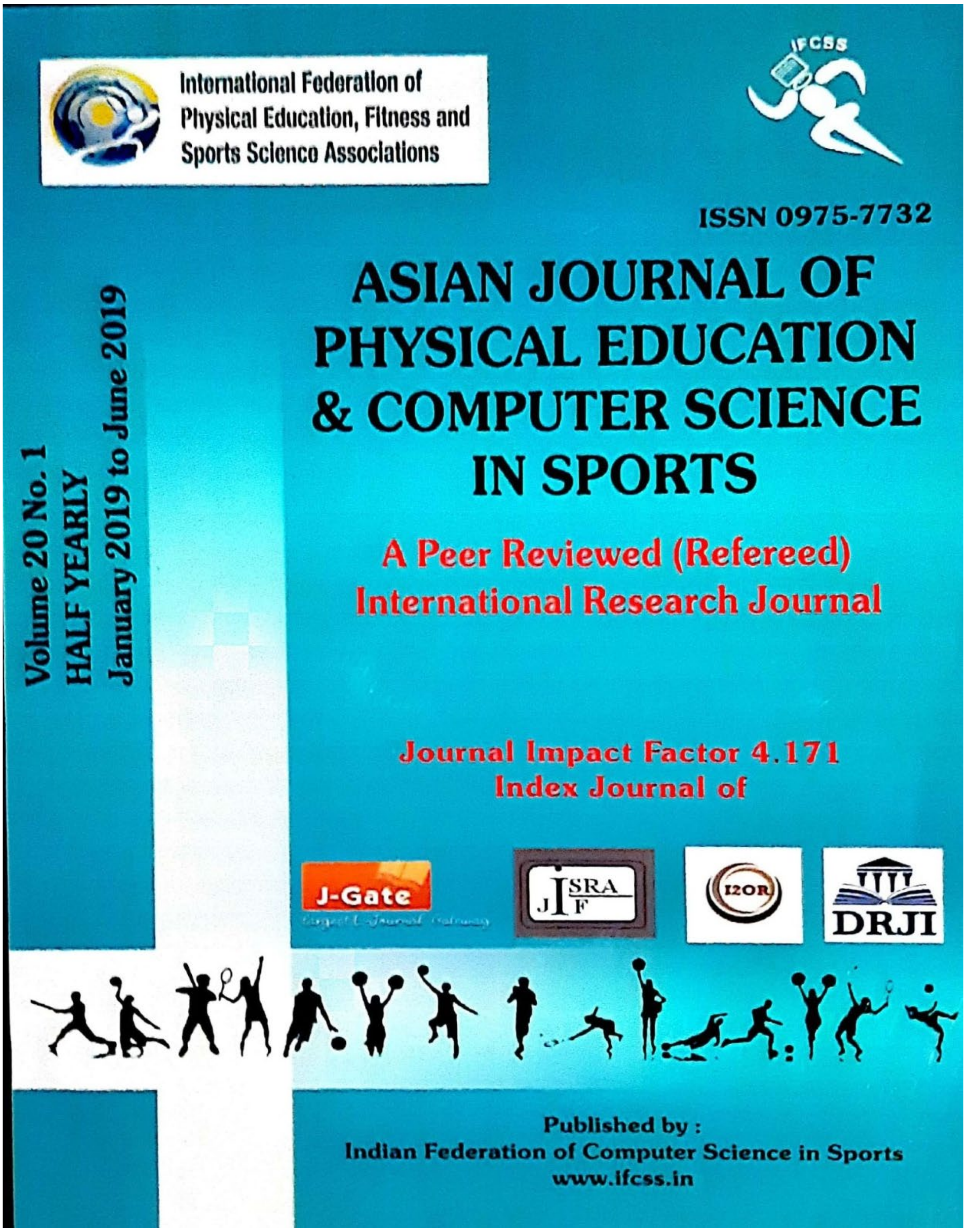

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Impact Of Asanas On Motor Fitness Component Of School Children

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Abstract
An asana is a body posture, originally a sitting pose for meditation, and later in hatha yoga and modern yoga as exercise, adding reclining, standing, inverted, twisting, and balancing poses to the meditation seats. The Purpose of the study was to find out "Impact of Asanas on Motor Fitness Component of School Children". To achieve this purpose 30 female in the age group ranging from 13 to 16 years studying in Oxford English Medium High School Vijayapura Karnataka state were selected randomly as subjects. The following Asanas training were selected for 8 weeks of training for 30 subjects. Criterion variable Motor Fitness Components was selected measured by using Reaction time. It was used for pre -test and post –test.The result shows that the 8 weeks of Asanas training develops Reaction time Performance.Conclusion: Asanas training develops Reaction time Performance. Keywords: Asanas ,Padmasana, Vajrasana, Makarasana, savasana and Reaction time.

Introduction

Yoga is a complete science of life that originated in India many thousands of years ago, which reached the common man around third century B.C, through Maharishi Patanjali in the form of grant called Yoga sutra where yoga philosophy is described as Astanga yoga. It is the oldest system of personality development in the world encompassing body, mind and spirit. The ancient yogis had a profound understanding of man's essential nature and of what he needs to live in harmony with himself and his environment. They perceived the physical body is a vehicle, with mind as a driver, the soul as man's true identity, and action, emotion and intelligence as the three forces which pulls the body vehicle.Taking into account the inter-relationship between body and mind, they formulated a unique method for maintaining this balance - and that is yoga. Many people are drawn to yoga and they can be kept under three different groups. Some comes to keep their bodies fit and supple - good to look at and to live in. Others come seeking help or relief for a specific complaint, like tension or back-ache and so on. And some others for mental relief and to satisfy their spiritual urge. Whatever our reason, Yoga can be a tool, instrument for us - giving us both what we came for, and more. To understand what yoga is all about we need to experience it for you.

The underlying purpose of the practice of yoga is to reunite the individual self (Jiva) with the absolute or pure consciousness (Brahman) - in fact, the word yoga means literally "Joining ". Union with this unchanging reality liberates the spirit form all all senses of separation, freeing it from the illusion of time, space and causation. The yoga postures or Asanas exercise every part of the body, stretching and toning the muscles and joints, the spine and the entire skeletal system. And they work not only on the body's frame but on the internal organs, glands and nerves as well, keeping all systems in radiant health.

The yogic breathing exercises known as pranayama revitalize the body and help to control the mind, leaving us feeling calm and refreshed and the practice of meditation gives increased clarity, mental power and concentration. In recent years, medical research has begun to pay attention to the effects of yoga. Studies have shown that regular practice of asana as well as pranayama can help diverse ailments as arthritis, arterio-sclerosis, chronic fatigue, diabetes, asthma, varicose veins, cardiac problems (Heart attacks) and menstrual problems. Laboratory tests have also confirmed yogis ability to consciously control autonomic or involuntary functions such as temperature, heart-beat and Blood pressure.

The most important aspect in the practice of yogasana is the relaxation technique (Savasana). This technique has explored the immediate remedy for the psychosomatic disorders which is wide prevalent now-a-days.Today it has been realized that there can no longer be any doubt of yoga's effectiveness as both a curative and preventive medicine. Yoga plays a great role in universal peace. Universal peace can be gained through individual peace. Yoga allows the practicner to glimpse a state of inner peace, which in due course paves way for universal peace. Anyone can practice yoga. There is no need for special equipment or clothes just a small amount of space and a strong desire for a healthier, more fulfilled life.

Methodology

The procedure adopted in the present research work is related to the selection of subjects, selection of variable, Selection of test and statistical technique involved in the study.

Selection of Subjects

The Purpose of the study was to find out the **"Impact of Asanas on Motor Fitness Component of School Children"**. To achieve this purpose 30 Female were selected in the age group ranging from 13 to 16 years studying in Oxford English Medium high school of Vijayapura District of Karnataka state were selected randomly as subjects were divided into two equal groups known as Experimental group and Control group.

Selection of variable

The investigator reviewed through the available relevant related literature and discussed with the experts in the field and also discussed with the research guide before selection of variables for the present research work. The researcher used the availability of technique based on the data researcher done the analysis regarding feasibility; Reliability and the outcome of the results were taken care of before finalizing the variables. The variables selected for the present research work Motor Fitness Component.

Independent Variable

Sitting Asanas - Padmasan, Vajrasan and Vakrasana.

Standing Asanas -Tadasana and Vrikshasana.

Supine Asanas - Shavasana, Naukasana and Halasana.

Proline Asanas - Makarasana, Bhujanagasana and Dhanurasana.

years belonging to the student of School Children of Vijayapura, District of Karnataka state were selected as subjects for the present study. The subjects were divided into two groups. Group I treated as Yogic Exercises Training group, Group II considered as control group.

Pre and post test data were gathered on Agility and the same as described in the following table.

Table No.4.1 Showing the Pre-test and Post–test for Yogic Exercise training Experimental Group on Agility Performance

Variable	Test	N	Mean	SD	t- Value
Agility	Pre-test	40	84.9060	5.95943	3.635
	Post-test	40	96.9180	21.15585	

The level of significant 0.05=Table value=2.704

Table No 4.1indicates that the t value is more than the table value that is 2.704, hence it is significant.

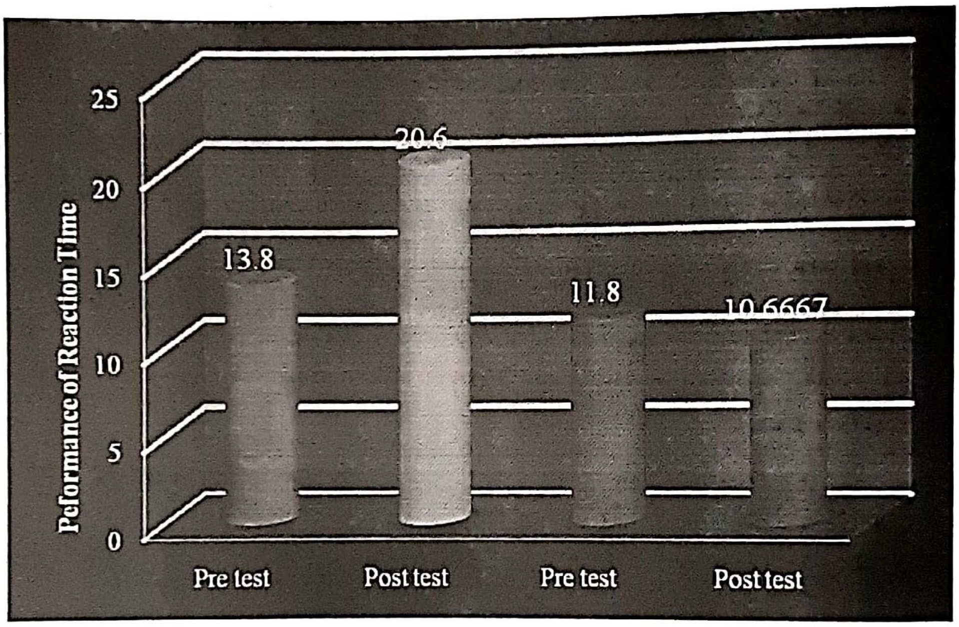
The pre-test mean value is 84.9060 and the post-test mean value 96.9180. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Agility performance of School Children owing to the ten weeks yogic Exercises training the same as displayed in the figure 4.1 (a)

The pre-test mean values on Reaction time for the Experimental group and Control group is 13.8000 and 11.8000 respectively. The t value is. 2.125, this reveals that there is no Statistical difference between the Experimental group and Control group on Reaction time before the Commencement of Circuit Training. It is inferred that the random Selection of the Subjects for the two groups are Successful.

The post-test Mean values on Reaction time for the Experimental group and Control group is 20.6000 and 10.6667 respectively. The 't' value is 11.424. The result of the Study indicates that the calculated values are higher than table value in post –test. The post test Reaction time Performance is more than the pre test Reaction time Performance. These are significant difference between the Experimental group and the Control group on Reaction time.

The Reaction time Performance has been displayed in figure 4.1 (a).

Figure No 4.1 (a) Showing the Pre-test and Post-test means of the Experimental and Control groups on Reaction time.



The above figure 4.1 (a) indicates that the post test values of Experimental group significantly improved the performance of Reaction time and also the post test values of Reaction time were higher than the pre test values due to 8 weeks of Asanas training. The Control group pre test and post test performance Reaction time shows no improvement.

Summary

The purpose of the study was to investigate the **"Impact of Asanas on Motor Fitness Component of School Children".** The researcher selected Reaction time for Motor Fitness Component. Eight weeks of Asanas training were given to 30 female subjects before training the researcher conducted pre-test performance on Motor Fitness Component. The performance of the pre-test was recorded. After the 8 weeks of Asanas training the post - test performance was recorded on Motor Fitness Component performance. The result of the post test performance indicates significant improvement.

Conclusion

Eight weeks of Asanas training has shown significant improvement on Reaction time of subjects.

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IMPACT OF YOGIC EXERCISES ON AGILITY OF SCHOOL CHILDREN

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Abstract

The term yoga is derived from the Sanskrit word 'yuj' meaning to unite; the union of the individual self with the supreme self. According to the classical definition by Patanjali, yoga means controlling the modifications of mind. There are several styles of yoga, but the core idea of every style is controlling the mind.

This concept of yoga (along with various physical postures or asanas) that has got recent attention globally can be traced back to the Indus valley civilization. Since then, it has undergone various modifications and what we know as yoga today is vastly different from the way yoga was originally practiced.

Methodology

The Purpose of the study was to find out "**Impact of Yogic Exercises on Agility of School Children**". To achieve this purpose 40 female in the age group ranging from 13 to 17 years School Children Vijayapur District Karnataka state were selected randomly as subjects. The following Yogic Exercises training were selected for 10 weeks of training for 40 subjects. Criterion variable Motor Fitness Components was selected measured by using Agility. It was used for pre -test and post –test.

Result: The result shows that the 10 weeks of Yogic Exercises training develops Agility Performance.

Conclusion: Yogic Exercisers training develops Agility Performance.

Keywords: Asanas ,Padmasana, Vajrasana, Makarasana, savasana and Agility.

INTRODUCTION

Essentially in the tradition, once we attach the word "yoga" to anything, it indicates that it is a complete path by itself. We say hatha yoga, but we will not say asana yoga. Of course, if you come from the United States, they say anything!

If it is a complete path by itself, how should it be approached If it was just a simple practice or an exercise, you could approach it one way. If it was an art form or just entertainment, it could be approached another way. I am using all these words because they are in usage in today's world. People say "recreational yoga," "health yoga," people refer to it as an art form – they think they are doing a service to yoga by saying it is an art form. No. The moment you attach the word "yoga," it indicates it is a complete path by itself.

The word "yoga" essentially means, "that which brings you to reality". Literally, it means "union." Union means it brings you to the ultimate reality, where individual manifestations of life are surface bubbles in the process of creation. Right now, a coconut tree and a mango tree have popped up from the same earth. From the same earth, the human body and so many creatures have popped up. It is all the same earth.

Yoga means to move towards an experiential reality where one knows the ultimate nature of the existence, the way it is made.

Yoga is derived from a Sanskrit word 'yuj' which loosely means 'union.' It is a path through which an individual unites with the entire existence. Sounds heavy, right? It basically means how you are not a separate entity but part of a greater energy. It increases your consciousness and makes you realize your true self-clearing the clutter of all that you imbibed as part of your culture, family, and education. It makes you realize that there is something more than what you see around. It is a deeply spiritual practice that is part philosophy, religion, science, and exercise.

Yoga goes back to the age of the Vedas or even before. The earliest Rig Veda mentions about yoga, and there are pictographic proofs found in the seals of the Indus Valley Civilization. Bhagavad Gita and the Shanti Parva of the Mahabharata elaborately talk about it. Later, Patanjali had compiled the 'Yoga Sutras' which became the go-to book for yoga and made him the 'Father of Yoga.' He had spoken at length about the intricacies and details of the practice. Let's take a look at one important aspect of it called the 'Eight Limbs of Yoga'.

METHODOLOGY

The methodology adopted in the present study related with selection of subjects, selection of variable, selection of test and Statistical techniques.

Selection of Subjects:

The Purpose of the study was to find out **"Impact of Yogic Exercises on Agility of School Children".** To achieve this purpose 40 subject in the age group ranging from 13 to 17 years studying in school children vijayapura, District Karnataka state were selected randomly as subjects were divided into two equal group of Experimental group and Control group.

Selection of variables:

The researcher has gone thought the available literature and has with various experts and with her guide before selection variable the availability of technique for purpose of analysis the feasibility, reliability of the procedure and the outcome was be extensively taken care before finalizing the variables after analyzing the various factors associated with the presents study criterion variable Burpee test was used for Agility.

Independent Variable

Yogic Exercises

- Padmasana
- Vajrasana
- Pachimottanasana
- Bhujangasana
- Shanabhasana
- Tadasana
- Naukasana
- Halasana
- Chakrasana
- Shavasana

- Makarasansa

Dependent Variable

Motor fitness Variable

- Agility

Selection of Test

The test items were selected for this study after thorough review of literature as well as consultation with experts, Physical Education Professionals, and also Research supervisor. The selection test and the criterion variable are presented in the Following table.

The test item and Measurement:

Sl No	Test Item and tool	Variable	Criterion Measurement
1.	Burpee test	Agility	Three trails were given and the best trail was recorded as the score

Statistical techniques

Standard devotion was used to find out significant mean difference in pre test and post test scores of different groups with respect to each parameter. Standard devotion was used to find out significant mean, t value difference of two groups with respect to each parameter.

The statistical analysis was carried out with help of the softer ware package of social science 15.0 versions for SPSS Packages.

ANALYSIS AND INTERPRETATION OF DATA

The aim of the research work was find out the "**Impact of Yogic Exercises on Agility of School Children**". For the purpose of the research study 40 subject in the age group of 13 to 17 years belonging to the student of School Children of Vijayapura, District of Karnataka state were selected as subjects for the present study. The subjects were divided into two groups. Group I treated as Yogic Exercises Training group, Group II considered as control group.

Pre and post test data were gathered on Agility and the same as described in the following table.

Table No.4.1 Showing the Pre-test and Post–test for Yogic Exercise training Experimental Group on Agility Performance

Variable	Test	N	Mean	SD	t- Value
Agility	Pre-test	40	84.9060	5.95943	3.635
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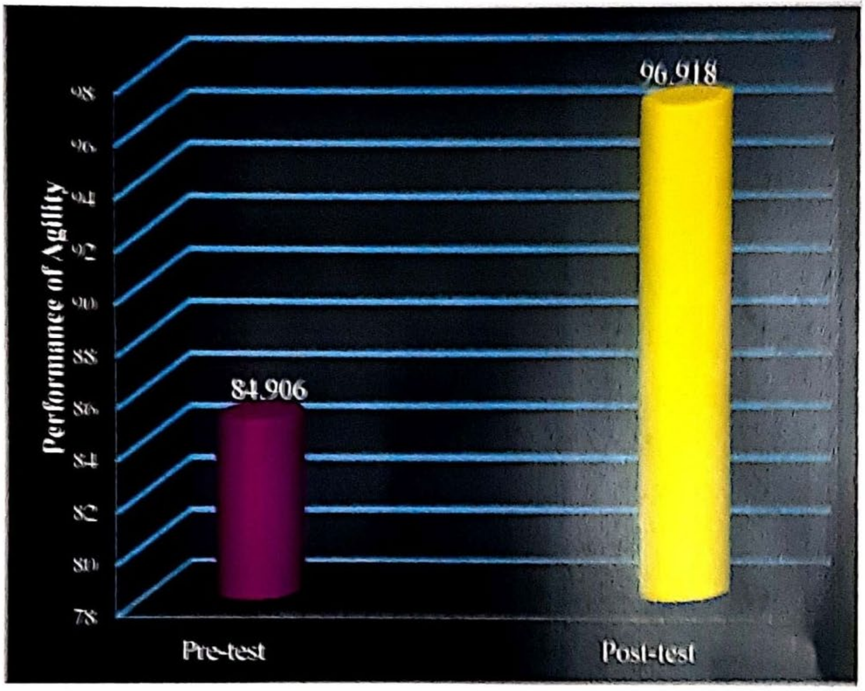
The pre-test mean value is 84.9060 and the post-test mean value 96.9180. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Agility performance of School Children owing to the ten weeks yogic Exercises training the same as displayed in the figure 4.1 (a)

Figure No.4.1 (a) Showing the Pre-test and Post–test for Yogic Exercise training Experimental Group on Agility Performance.



The above figure 4.1 (a) clearly indicates that the ten weeks Yogic Exercise training performance is drastically improved the Agility performance of the subjects.

Summary

The purpose of the study was to investigate the **"Impact of Yogic exercises on Agility of School Children".** The researcher selected Agility for Motor Fitness Variable.

Ten weeks of Yogic Exercises Training were given to 40 girls subjects before training the researcher conducted pre-test performance on Agility. The performance of the pre-test was recorded. After the 10 weeks of Yogic Exercises Training the post –test performance was recorded on Agility performance. The result of the post-test performance indicates significant improvement.

Conclusion

Ten weeks of Yogic Exercises Training has shown significant improvement on Agility of subjects.

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Impact of Yogic Exercises on Power of School Children

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Abstract

The term yoga comes from a Sanskrit word which means yoke or union. Traditionally. yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal. also called self-transcendence or enlightenment. On the physical level, yoga postures, called asanas. are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands. and tissues. keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify, and discipline the mind. However. experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims.

Methodology

The Purpose of the study was to find out "**Impact of Yogic Exercises on Power of School Children**". To achieve this purpose 50 school children in the age group ranging from 13 to17 years studying in Shantiniketan High School, Vijayapura, Karnataka State were selected randomly as subjects. The following Yogic Exercises training were selected for 8 weeks of training for 50 subjects. Criterion variable motor fitness Variable was selected measured by using power. It was used for pre -test and post –test.

Result: The result shows that the 8 weeks of Yogic Exercises training develops Power Performance.

Conclusion: Yogic Exercises Training develops Power Performance.

Keywords: Yogic Exercises Training. Padmasana. Vajrasana. Pachimottanasana. Bhujangasana and Power.

Introduction

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. According to Yogic lore, Shiva has seen as the first yogi or ādiyogi and the first guru or ādiguru. Several thousand years ago, on the banks of lake Kantisarovar in the Himalayas, ādiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". These sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhana suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagawadgita and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras.

After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards the prevention of disease, maintenance and promotion of health. Millions and millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day.

Methodology

The procedure adopted in the present research work is related to the selection of subjects, selection of variable, Selection of test and statistical technique involved in the study.

Selection of Subjects

The Purpose of the study was to find out "**Impact of Yogic Exercises on Power of School Children**". To achieve this purpose 50 School children in the age group ranging from 13 to 17 years studying in Shantiniketan school for children Vijayapura Karnataka state were selected randomly as subjects. The following Yogic Exercises training were selected for 8 weeks of training for 50 subjects. Criterion variable motor fitness variable was selected measured by using Power. It was used for pre -test and post –test.

Selection of Variable

Independent Variable

Yogic Exercises

- Padmasana
- Vajrasana
- Pachimottanasana
- Bhujangasana
- Shalabhasana
- Tadasana
- Nukasana
- Halasana
- Chakrasana
- Shavasana
- Makarasana

Dependent Variable

Motor Fitness variable

- **Power**

Selection of test

The test item and Measurement

SL NO	Test item and tool	Variable	Criterion Measurement
1.	Standing Broad jump	Power	The assistant uses the longest recorded distanc to assess the subject leg Power.

Statistical techniques

Standard devotion was used to find out significant mean difference in pre test and post test scores of different groups with respect to each parameter. Standard devotion was used to find out significant mean, t value difference of two groups with respect to each parameter.

The statistical analysis was carried out with help of the softer ware package of social science 15.0 versions for SPSS Packages.

Analysis and Interpretation of Data

The aim of the research work was find out the "**Impact of Yogic Exercises on Power of School Children**". For the purpose of the research study 50 school children in the age group of 13 to 16 years belonging to the student of Shantiniketan school of Vijayapura District of Karnataka state were selected as subjects for the present study. The subjects were divided into two groups. Group I treated as Yogic Exercises Training group. Group II considered as control group.

Pre and post test data were gathered on Power and the same as described in the following table.

Table No.4.1 Showing the Pre-test and Post–test for Yogic Exercises training Experimental Group on Power performance

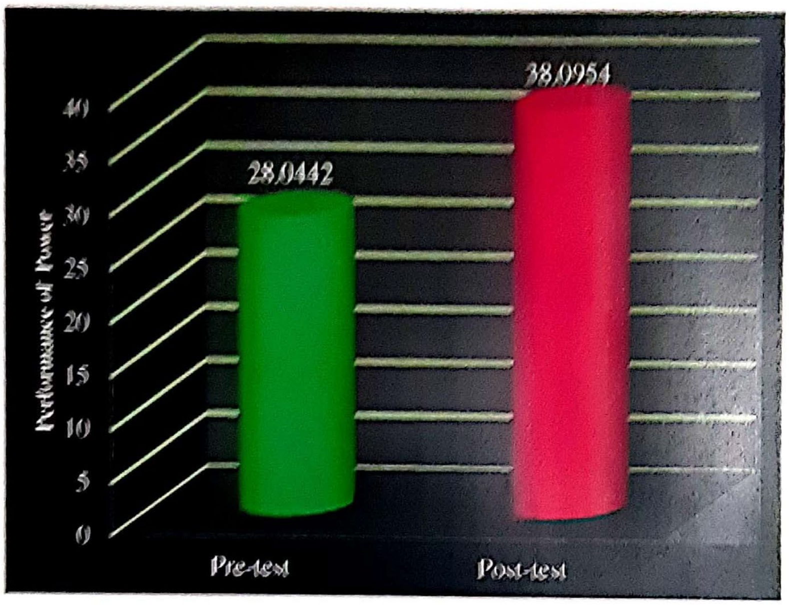
Variable	Test	N	Mean	SD	t- Value
Power	Pre-test	50	28.0442	5.14307	5.869
	Post-test	50	38.0954	11.34533	

The level of significance 0.05=Table value= 2.013

Table no.4.1 indicate that the't' value is the more than table value that is 2.013, hence it is significant.

The pre-test mean value is 28.0442 and the post-test mean value 38.0954. The post-test mean value is more than pre-test mean value. Is shows significant improvement in the power performance of school children owing to the eight weeks yogic Exercises training the same as displayed in the figure 4.1 (a)

Figure No.4.1 Showing the Pre-test and Post test for Yogic Exercises training Experimental Group on Power Performance



The above figure 4.1 (a) clearly indicate that the eight weeks yogic Exercises training performance is drastically improved the Power performance of the subjects.

Summary

The purpose of the study was to investigate the "**Impact of Yogic Exercises on Power of School Children**". The researcher selected Power for motor fitness Variable.

Eight weeks of Yogic Exercises training were given to 50 subjects before training the researcher conducted pre-test performance on motor fitness Variable. The performance of the pre-test was recorded. After the 8 weeks of Yogic Exercises Training the post –test performance was recorded on power performance. The result of the post-test performance indicates significant improvement.

Conclusion

Eight weeks of Yogic Exercises Training has shown significant improvement on power of subjects.

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The Effect of Yogasana on Physiological Changes among College Students

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Abstract: Background: Yoga is a way of life, which can be practiced by any human being regardless of age and condition of health (Chandrasekaran, 1999). "Asana" is the Sanskrit word for a physical posture. Expressed in general terms Asana denotes a specific position which can be held in a relaxed and comfortable manner for a long period of time. In the 2nd Century before Christ, Patanjali wrote down the principles of Yoga practice in the "Yoga Sutras" (aphorisms). He named only the meditation posture "Asana" and the physical postures he termed "Yoga Vyayam". However, in common usage the dynamic Yoga exercises also became known as Asanas. **Objectives of the study** 1) To characterize the Effect of Yogasana on Physiological changes among college students.2) the second objective of the study was to The Effect of Yogasana on Physiological changes among college students. Materials and Methods randomly selected Government Girls PUC college 40 female students and Age group of the subject 17 to 19 years. Conclusions Significant difference was found between pre-test and post-test of college students in relation to Physiological changes. Significant difference was found between pre-test and post-test of college students in relation to Vital Capacity (Wet Spirometer).

Keywords: - Physiological, Vital Capacity and PUC college students

Introduction

Yoga is a complete science of life that originated in India many thousands of years ago, which reached the common man around third century B.C. through Maharishi Patanjali in the form of grant called Yoga sutra where yoga philosophy is described as Astanga yoga. It is the oldest system of personality development in the world encompassing body, mind and spirit. The ancient yogis had a profound understanding of man's essential nature and of what he needs to live in harmony with himself and his environment. They perceived the physical body is a vehicle, with mind as a driver, the soul as man's true identity, and action, emotion and intelligence as the three forces which pulls the body vehicle.

Many Asanas were derived from the natural movements and positions of animals and carry the names of animals such as "cat", "deer", "tiger", "hare", etc. These postures make use of examples from nature on how to help oneself. Asanas have a far-reaching effect upon body and mind. The animals instinctively used these movements and positions because of their natural benefits. These effects are attained through the practice of the Asanas. For example: Marjari (The Cat) for stretching the body and the spine, Bhujangasana (The Cobra) for the release of aggression and emotions, and Shashankasana (The Hare) for relaxation. The headstand (Shirshasana) and Lotus (Padmasana), are regarded as the supreme or "royal" Asanas.

Methodology

The procedure adopted in the present research work is related to the selection of subjects, selection of variable, Selection of test and statistical technique involved in the study.

Selection of Subjects

The Purpose of the study was to find out "The Effect of Yogasana on Physiological changes among college students". To achieve this purpose 40 Subjects in the age group ranging from 17 to19 years studying in Government Girls PUC College, Vijayapura, and Karnataka State were selected randomly as subjects. The following Yogasana Training were selected for 4 weeks of training for 40 subjects. Criterion variable Physiological Variable was selected measured by using Vital Capacity. It was used for pre -test and post –test.

Selection of Variable

Independent Variable

Yogasana Training

- Vrikshasana
- Garudasana
- Padmasana
- Vajrasana
- Makarasana
- Bhujangasana
- Sarvangasana
- Halasana

Dependent Variable

Physiological Variable

- Vital Capacity

Selection of test

The test item and Measurement

SL NO	Test item and tool	Variable	Criterion Measurement
1.	Wet Spirometer	Vital Capacity	Measuring liters

Statistical techniques

Standard devotion was used to find out significant mean difference in pre test and post test scores of different groups with respect to each parameter. Standard devotion was used to find out significant mean't' value difference of two groups with respect to each parameter.

The statistical analysis was carried out with help of the softer ware package of social science 15.0 versions for SPSS Packages.

Analysis and Interpretation of Data

The aim of the research work was find out the **"The Effect of Yogasana on Physiological Changes among College Students"**. For the purpose of the research study 40 Subjects in the age group of 17 to 19 years belonging to the student of Government Girls PUC College, Vijayapura, and Karnataka State were selected as subjects for the present study. The subjects were divided into two groups. Group I treated as Yogasana Training group, Group II considered as control group.

Pre and post test data were gathered on Vital Capacity and the same as described in the following table.

Table No. 4.1(a) Showing the Mean, Standard Deviation and't'- value of Pre-test and Post–test for Yogasana training Experimental Group on Vital Capacity Performance.

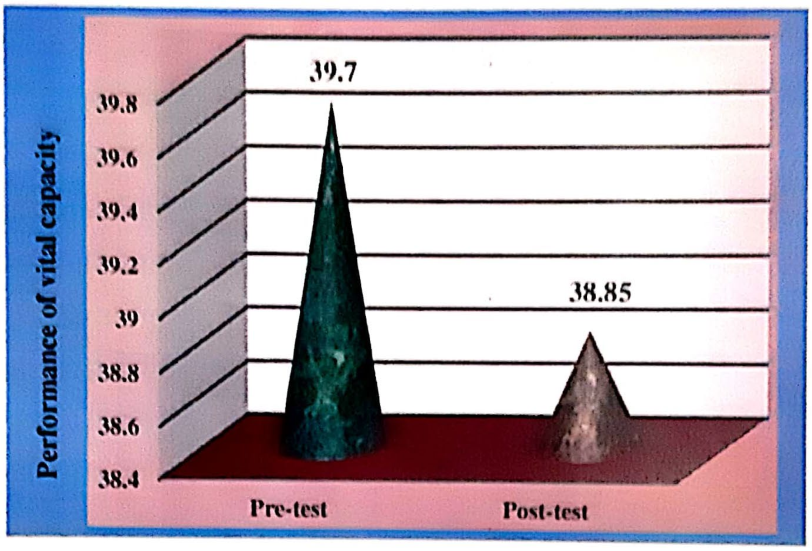
Variable	**Test**	N	**Mean**	**SD**	**t- Value**
Vital Capacity	Pre-test	20	39.1000	3.24281	12.138*
	Post-test	20	71.0500	11.936	

The level of significant 0.05=Table value= 1.725

Table No 4.1(a) indicates that the t value is more than the table value that is 1.725, hence it is significant.

The pre-test mean value is 39.1000 and the post-test mean value 71.0500. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Vital Capacity performance of Subjects owing to the four weeks Yogasana training the same as displayed in the figure 4.1(a)

Figure No.4.1(b) Showing the Mean, Standard Deviation and't'- value of Pre-test and Post–test for yogasana training Experimental Group on Vital Capacity Performance.



The above figure 4.1 (b) clearly indicates that the four weeks yogasana training performance is drastically improved the Vital Capacity of the subjects.

Summary

The purpose of the study was to investigate the **"The Effect of Yogasana on Physiological Changes among College Ctudents".** The researcher selected Vital Capacity for physiological Variable. Four weeks of Yogasana training were given to 40 subjects before training the researcher conducted pre-test performance on Physiological Variable. The performance of the pre-test was recorded. After the 4 weeks of Yogasana Training the post-test performance was recorded on Vital Capacity performance. The result of the post-test performance indicates significant improvement.

Conclusion

Four weeks of Yogasana training has shown significant improvement on Vital Capacity of subjects.

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